



Accreditation

BCU 1 Star Syllabus

Introduction

Canalside Centre offers the opportunity to gain accredited canoeing and kayaking awards. These awards are governed by Canoe England and are nationally recognised. The awards are progressive and can be gained at an individual's own pace.

Aim

The BCU 1 Star is a clear stepping-stone to becoming a paddler. Designed as a basic award, the 1 Star is the level people would typically reach after an introductory course of 6 hours quality water time.

Prerequisites

Candidates must be water confident, and ideally should be able to swim. If under 14 the BCU Paddlepower program may be more appropriate.

Craft

This award can be taken in any type of paddlesport craft

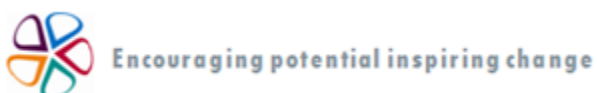
Assessor

Any updated BCU Coach.

Assessment Venue

A very sheltered or sheltered water venue.

Related BCU Policies





BCU 1 Star Syllabus Technical Syllabus

Part A – Personal Paddling Skills:

- Correct lifting and carrying techniques
- Launching/disembarking
- Forward and backward paddling over a distance of 100m
- Controlled Stopping
- Steering - Stern Rudder
- Controlling - Draw Stroke

Part B – Rescue Skills

- Capsize drill and how to get back into the canoe/kayak from the water
- Swimming the boat to shore
- Emptying boats

Part C – Safety, Leadership & Group Skills

- Personal risk management
- Awareness of others
- Provide evidence of 1 journey of about 1 hour (3 km) duration (this could take place during the assessment)

Part D – Theory

- Equipment
- Safety
- Wellbeing, health and first aid
- Access
- Environment
- General

