

4 Star Leader Award - Open Canoe - Syllabus

Aim

Successful performance at this level indicates that a candidate has the skill level required to lead a group of 6 competent* paddlers (not including themselves), or as determined by deployer (e.g. centre or club) operating procedures, in appropriate locations, up to moderate conditions**. The emphasis is on the application of strokes to achieve suitable techniques and boat control in real situations and the candidates ability to judge the conditions, the standard of the group and make appropriate decisions about the planned journey along with the need to modify plans as required.

**Competent = Minimum 2 Star level competence determined by the 4 Star Leader appropriate to the proposed trip or journey.*

*** Moderate Water for Open Canoe is on rivers of grade 2 and on open water with winds up to force 4.*

Following assessment 4 Star Leaders must have in place 3rd Party Liability cover (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

A discipline specific 3 Star standard is the appropriate level of performance for paddlers to begin working towards a discipline specific 4 Star Leader.

The 4 Star Leader Award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

Pre-requisites – Training

- Be able to paddle to the standard of either new 3 Star Open Canoe or old 4 Star Open Canoe award

Pre-requisites - Assessment

- Previous experience –
 - Provide evidence of 12 trips (minimum four hours duration) that includes at least:
 - 3 different grade 2 river trips and 3 different open water journeys with winds up to force 4 (minimum 4 hours duration), as a member of a group
 - 3 different grade 1-2 river trips, and 3 different open water journeys with winds up to force 3, (minimum 4 hours duration), as an assistant leader
 - The above journeys should involve some overnight camps.
- Recognised First aid award (minimum 8hrs training including CPR) within the last 3 years



- Relevant Leadership Training - 4 Star Leader open canoe training OR 'old' in-date trainee Level 3 open canoe status within the last 3 years.
- Relevant Safety Training – White Water Safety & Rescue Training
- Home Nation Registration (LR Form)
- Aged 18 years or above. Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18 and must hold a current first aid award and have BCU coaching membership or private insurance.

Craft

A traditional open canoe suitable for the remit of the award and the assessment tasks, paddled solo or tandem. The candidate is expected to perform all paddle skills on both sides. Where the assessment is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate in both bow and stern.

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Open water with winds not above force 4
- Moving water with sections of grade 2

Durations

Training: At least two days logged experience of formal training in personal skills. Whilst two days is seen as the minimum requirement, three, four or even five days may be more appropriate.

Assessment: 3 days

Staffing

For details of staffing requirements and ratios, please refer to the latest version of the BCU Staffing Requirements and Ratios document, available from the BCU or Home Nation websites. Training and Assessment may only be conducted by those qualified and registered to do so.

For details of registering as a 4 Star Leader White Water Provider, refer to the BCU document 'Becoming a 4 Star Provider'

Administration

Refer to the latest version of the BCU Star Test Guidance Notes for details on the administration of pre and post course paperwork for both candidates and trainers/assessors.

Staff should also refer to the current version of the Trainer / Assessor notes.

Part A – Personal Paddling Skills

A.1 Lifting, carrying and launching/landing

- A.2 Efficient and effective open water skills
- Paddle effectively up, down and across a force 3-4 wind *inconsistent wind speed on this page force 3-4 or 4*
 - Rafting
 - Sailing
- A.3 Efficient and effective grade 2 river running skills
- Upstream manoeuvres (ferries & S-turns)
 - Checking, setting and reverse ferry gliding
 - Eddy turns both into and out of the current
 - Supporting
- A.4 Lining
- A.5 Poling
- A.6 Navigation

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills: Open Water
- Open water self rescue
 - Open water deepwater rescue
 - Open water swamped raft rescue
 - Open water Man over board whilst sailing
 - Open water towing
- B.2 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills on moving water:
- Moving water throw line rescue
 - Moving water rescue of capsized paddler and equipment
- B.3 Incident management and first aid in the 4 star environment
- B.4 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership - e.g. CLAP principles
- C.2 Appropriate leadership strategies, judgement and decision-making on open water
- C.3 Appropriate leadership strategies, judgement and decision-making on moving water
- C.4 Safety awareness and risk management
- C.5 Group control and management
- C.6 Equipment

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management



- D.9 Navigation
- D.10 Etiquette
- D.11 General
- D.12 Leadership Responsibilities
- D.13 Water Features / Hazards

