

5 Star Whitewater Kayak Syllabus – Assessor's Notes

Logged experience:

Candidates must present evidence of 10 quality river days in each of 3 different geographical areas, (**minimum of 30 different rivers, candidates with minimal experience often struggle at assessment**). Rivers are expected to be at the appropriate/guide book or above level and predominantly of the grade 3-4(5) or above. Experience at this standard should be over a minimum 2 year period. It should be clear there is a variety of WW, such as pool drop, alpine/continuous and big volume rivers.

This should ideally contain evidence of having paddled grade 5 with peers, and grade 3-4 where the role of leader is formalised. The log must include several personal journeys in excess of 20km in a day, to achieve this the leader may need to combine sections of river, this is probably best done abroad.

Method of assessment

- 2-day assessment, leading on both days. Candidates are expected to demonstrate appropriate paddling ability to full fill their leadership role. Different assessors each day, assessor is not part of the lead group.
- Candidates will be expected to demonstrate their leadership and judgement skills sections of white water ranging from grade 3-5
- Candidates will also be given an incident to manage and resolve.

Part A Personal Paddling Skills

A.1 Efficient and effective onsite grade 3 river running skills

- Break in and out, both L/R using a range of techniques to enter and exit a range of small and large eddies with both open and closed angles of attack. Using both dynamic and passive methods the candidate must demonstrate an ability to consistently make eddies in a range of positions in order to maintain line of site. This may include using the gradient drop to aid in the entry of eddies. These skills should be efficiently performed.
- Candidates must demonstrate the ability to position and manoeuvre the boat within the current. This should include Spins and Ferries within the current, on/ or crossing eddy-lines, Positioning of the boat within the current, using ferries facing both up and down stream. Candidates should demonstrate use of the upstream face of wave to aid in positioning, in addition to using timing at the top of waves to position and set angles of attack into eddies. Using diagonal wave to cross the current.
- Ridding stoppers L/R entry into, and exit from, control in the stopper, Spins and regaining control, using the gradient to avoid stoppers. Using the tow-back of the stopper to help in positioning.
- Surfing waves, L/R controlled positioning and crossing from eddy to eddy

A.2 Paddle identified (via inspection) safe and realistic lines on grade 4

- Candidates will be expected to identify a safe and realistic line through a section of grade 4 and then to be able to demonstrate that line to the group being led. Candidates should be able to use the river features available to make the line with confidence and precision. There needs to be a comprehension that the river has a 3D form and how the paddler can maximize the shape of the river features to aid swift and safe paddling.

A.3 Whitewater roll

- Rolling – a competent roll is required and must be demonstrated in the appropriate environment. However a 'safe' venue needs to be chosen.

Part B Rescue Skills

B.1 Demonstration of the skilful application of appropriate boat and bank-based safety and rescue skills

- Identify situations where bank based protection is required and be able to select the appropriate technique, set up and locate them to safe guard the group.
- Demonstration of an ability to supervise a group during inspection of a rapid. This will include provision of security by use of spotting, roping and route choice.
- Candidates should be able to supervise a portage; route selection and supervision in a safe and efficient manner. This can include supervision of difficult egresses and accesses to and from the river.

B.2 Incident management and first aid in the 5 star environment

- Demonstration of the skills to manage an incident, administer first aid in this river environment. This would include removal from the river if required and extended care of an injured person on the bank.

B.3 Effective team leader and team member in rescue / incidents

- The candidate is expected to have logged proof of training in incident management and of first aid in an isolated setting.

Part C Safety, Leadership & Group Skills

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

C.1 Skilful application of leadership principles e.g. CLAP

C.2 Appropriate leadership strategies, judgement and decision-making

C.3 Safety awareness and risk management

C.4 Group control and management

- Running grade 3 'on sight' and eddy hop with a group of suitable ability. Supervise play in stoppers and on surf waves. Candidates should also be able to demonstrate methods of leadership appropriate for less skilled groups in the same environment.
- Run grade 4 with inspection when leading a group, demonstrate an ability to identify safe lines, of suitable standard for the group and supervise them safely both from the bank and water. This will include demonstration of the chosen line. Candidates should also be able to demonstrate methods of

leadership appropriate for groups with a higher level of skill in the same environment.

Candidates should present themselves for assessment in a manner that reflects their standing as an advanced leader and role model for their group.

Part D Theory

D.1 Equipment

Candidates should demonstrate an ability to select and carry appropriate equipment for the safe supervision of their group in the prevailing conditions at the time of assessment.

Candidates will be asked about their choice and suggest changes depending on differing conditions as described by the assessor and should be able to demonstrate the factors that may influence selection of equipment.

It is expected that candidates has the experience and judgment to select from a range of equipment NOT to simply carried a prescribed list of equipment without exercising judgment on the selection of equipment to reflect the group, conditions and proposed trip.

D.2 Safety

Candidates should be able knowledgeable about any of the foundation safety and rescue skills (i.e. those covered in the BCUWWSR course.)

D.3 Weather

Paddlers need to know where to gain weather information and how best to use it when selecting a suitable river.

D.4 Hypothermia/First aid

A first aid award is necessary and the assessor should ask suitable questions that will test the currency of the candidates award.

D.5 Access

Candidates must know about how to gain access to rivers in the UK and to behave responsibly.

D.6 Environment

Candidates should understand and show an appreciation of and for the environment and environmental legislation when planning the trip.

D.7 Planning

Candidates should demonstrate an ability to source suitable information about an area unknown to the candidate and to be able to plan a suitable trip based on guidebooks or similar sources of information.

D.8 Group Awareness and management

Candidates should show and be knowledgeable about communication skills on the river and know how to conduct good management strategies which help with effectiveness and control.

D.9 Water features / hazards

Candidates should demonstrate an ability to understand the grading system and the appreciation of the factors that may effect it.

D.10 Navigation

Use of map to pin point location on a river is necessary. A compass may be useful so taking and using basic bearings need to be demonstrated.

D.11 Etiquette

Candidates must show and be knowledgeable about etiquette on the river and its environs.

D.12 General

Candidates are expected to be aware of their responsibilities under the law, to understand the meanings of the term negligence and Higher Duty of Care.

D.13 Leadership responsibilities

Candidates should demonstrate an ability to comprehend the CLAP principles when given hypothetical situations by the assessor in addition to that observed on the river.