

3 Star Freestyle Canoe Syllabus

Aim

Successful performance at this level indicates that the paddler understands the core competencies of freestyle and can perform at a base level. This award is suitable for those candidates paddling closed cockpit freestyle canoes.

Paddlers of freestyle kayaks may be interested in the British Canoeing 3 Star Freestyle Kayak Award.

Assessment Prerequisites

- It is recommended that the candidate holds the British Canoeing 2 Star Award or have the equivalent ability
- Candidates are encouraged to provide evidence of at least 10 freestyle sessions (20 hours) in varied locations, where possible
- Candidates should be able to swim confidently wearing appropriate paddling equipment

Craft

Many of the 3 dimensional movements within this discipline require a shorter, lower volume boat. Candidates will need to equip themselves suitably for assessment to ensure the practical components of the award can be achieved.

Equipment

Candidates should have sufficient equipment with them to be a safe and useful member of the group.

Assessor

British Canoeing 3 Star Freestyle Provider.

Assessment Venue

Assessment takes place on a section of white water which does not need to include a river journey. Over the course of the assessment the following environments should be available:

- Sections of deep moving water and eddies (deep enough to safely roll and capsize)
- A wave suitable for surfing with sufficient depth to be safe
- A small hydraulic stopper suitable for surfing with sufficient depth to be safe and easily exited

Related British Canoeing Policies

- See 'Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities
- See 'Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a British Canoeing Star Award

Useful Information

Please refer to the British Canoeing 3 Star Freestyle Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

Technical Syllabus

It is expected that candidates perform all of the core skills on both sides.

Part A1 – Core Elements

- A1.1 Warm up and down
- A1.2 Posture and connectivity
- A1.3 Rotation and synchronicity
- A1.4 Intensity and relaxation
- A1.5 Control, balance, paddle dexterity
- A1.6 Methods of position and set-up

Part A2 – Core Skills

- A2.1 Rolling
- A2.2 Supporting
- A2.3 Flat-water manoeuvres
- A2.4 Entering and exiting play features
- A2.5 Wave surfing
- A2.6 Hole surfing
- A2.7 Shuvits
- A2.8 Flat spins
- A2.9 Stern dips on moving water
- A2.10 Bow ender and pirouettes
- A2.11 The beginning of a routine

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Throwline
- B.3 Capsize, swim and self-rescue

Part C – Safety, Leadership and Group Skills

- C.1 Personal risk management
- C.2 Awareness of others

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Freestyle environment
- D.6 Competition
- D.7 General
- D.8 Etiquette