

3 Star Surf Syllabus

Aim

Successful performance at this level indicates the candidate's competence to surf in small friendly conditions across a range of beaches and varying tidal conditions, as part of a led group.

Assessment Prerequisites

- Provide evidence of at least 5 surfing sessions in more than 1 location
- A consistent British Canoeing 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the British Canoeing 3 Star Surf Kayak Award; it is recommended that the candidate holds the British Canoeing 2 Star Award
- The ability to swim confidently in the surf environment, wearing normal paddling clothes

Craft

General-purpose craft are perfectly suitable at this level. Other appropriate craft would be entry-level surf kayaks, surf designed sit-on-tops (capable of edge control and rolling) and entry-level wave skis (with lap or quad belts). Candidates must complete all elements of an assessment in the same type of craft.

Equipment

Candidates should present themselves with appropriate personal equipment to be part of a led paddling group.

Assessor

British Canoeing 3 Star Surf Provider.

Assessment Venue

The assessment takes place in small friendly surf; i.e. beach breaks with spilling waves in and around a foot of surf (waves no larger than head high whilst seated in a kayak), with winds of a strength that would not cause the characteristic of the wave, or the paddler's performance to be seriously affected.

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 Surf Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

Technical Syllabus

It is expected that candidates are able to perform all skills on both sides, and in both directions on a wave. The only exception is the roll where one side is deemed sufficient.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying, launching and landing
- A.2 Control
- A.3 Paddle out
- A.4 Positioning and wave selection
- A.5 Take off
- A.6 Riding
- A.7 Turns
- A.8 Rudder and prys
- A.9 Supporting
- A.10 Rolling
- A.11 Securing

Part B – Rescue Skills

- B.1 Capsize and return to shore
- B.2 Stern carries and tows
- B.3 Capsize and recovery

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle as part of a led group

Part D – Theory

- D.1 Equipment
- D.2 Tides, weather and bathymetry
- D.3 Etiquette
- D.4 Safety
- D.5 Wellbeing, health and first aid
- D.6 Environmental awareness
- D.7 Planning and group awareness
- D.8 General knowledge