

## 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