

3 Star White Water Kayak Syllabus

Aim

Successful performance at this level indicates that the paddler can consider themselves an intermediate white water kayak paddler, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a river with sections up to grade 2.

Paddlers of white water spec. canoes may be interested in the British Canoeing 3 Star White Water OC1 Award.

Assessment Prerequisites

- Candidates should provide evidence of at least 8-10 paddling sessions (minimum 40 hours) in varied locations where possible; this should include evidence of having paddled grade 2 water
- 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 White Water Kayak Award; it is recommended that the candidate holds the British Canoeing 2 Star Award
- The ability to swim confidently in moving water, wearing normal paddling clothes

Craft

A kayak that is safe and fit for purpose for the remit of the award and the assessment tasks. This may include for example:

- White water kayak
- Sit-on-top with suitable footrests, knees straps and seat
- Suitable white water inflatable kayak

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group.

Assessor

British Canoeing 3 Star White Water Kayak Provider.

Assessment Venue

Assessment takes place on a section of white water that needs to include a river journey. The stretch of water must be up to grade 2 and include:

- Sections of deep moving water and eddies (deep enough to safely roll and capsize)
- Wave trains and downstream Vs that allow the full skills to be evidenced
- A wave suitable for surfing with sufficient depth to be safe

The assessment will typically take place over a day river trip.

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

Technical Syllabus

Part A – Personal Paddling Skills

The emphasis for the candidate is that they have a holistic approach to running the river. The manoeuvres and strokes should be blended as appropriate. The assessment should not be seen as a tick box of skills. It is expected that candidates are able to perform all skills on both sides, on moving water:

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Moving sideways on the move
- A.4 Supporting
- A.5 Rolling
- A.6 Breaking in and out
- A.7 Ferry gliding
- A.8 S-turns
- A.9 Maintaining direction
- A.10 Changing direction
- A.11 Reverse paddling and stopping
- A.12 Surfing

Part B – Rescue Skills

The emphasis for the candidate is that they can be an effective member of a group. This would include that they can look after themselves and others while paddling white water (candidates to act as the rescuer, and be rescued):

- B.1 Use of tape and karabiner
- B.2 Eskimo rescue
- B.3 Throwline rescue

- B.4 Capsize, swim and self-rescue
- B.5 Rescue a capsized, swimming paddler and their equipment

Part C – Safety, Leadership & Group Skills

During the assessment the candidates should show they have the ability to contribute to the successful descent of the river. These skills will be blended throughout the assessment. These skills will include:

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

Part D – Theory

The emphasis of the assessment is that the candidate can show the knowledge required of an intermediate white water kayaker. This should be blended throughout the assessment.

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group awareness
- D.9 General knowledge
- D.10 Navigation
- D.11 Etiquette
- D.12 Personal paddling skills