

5 Star Open Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of up to 4 paddlers on advanced river journeys and on remote, exposed open waters in open canoe. The five star leader has the skills and judgement to select appropriate trips for paddlers with a range of experience.

Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced open canoe days in 3 different geographical areas.
- 5-star training: At least 4 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 4 days is seen as the minimum requirement, five or even six days may be more appropriate.
- Candidates must be 18, or over, at the time of assessment

Craft

Traditional open canoe.

The candidate is expected to perform all paddle skills on both sides.

Where the test is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate at both bow and stern.

Equipment

Personal and group equipment appropriate for the remit of the award, and relevant to the assessment environment

Assessment Venue

Open water with winds not above force 5 and grade 3 moving water

Assessment Duration

2 days

Assessor

- Current BCU A5 Canoe Assessor / BCU Level 5 Canoe Coach with appropriate training or
- New BCU (UKCC endorsed) Level 4 Canoe Coach

Ratio 1:4 – ratio 2:8 essential for this level of award as per current scheme

Part A – Personal Paddling Skills

A.1 Efficient and effective grade 3 river running skills

A.2 Efficient and effective open water skills (wind up to force 5)

- A.3 Lining
- A.4 Poling
- A.5 Navigation

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills, including self rescue
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

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 (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management
- c.5 Equipment

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and management
- D.9 Navigation
- D.10 Etiquette
- D.11 General
- D.12 Leadership responsibilities
- D.13 Water features / hazards