

## BCU Three Star Touring Syllabus

### Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate paddler rather than a beginner: the candidate having demonstrated personal competence as a member of a group paddling in a variety of venues. These include open water in conditions of winds up to force 2-3, and ungraded rivers that have a discernable green flow.

Two Star standard is the appropriate level of performance for paddlers to begin working towards the Three Star.

### Prerequisites

- Provide evidence of at least 3 different flat-water journeys of about 3 hours duration (10km) each with at least one of these in an open water environment
- Provide evidence of at least one session of about 3 hours duration in an alternative discipline

### Craft

Any craft that is safe and 'fit for purpose' for the remit of the award and the assessment tasks.

### Equipment

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

### Assessment Venue

There will be two different assessments; students can take either or both assessments.

- 1) The assessment will take place during a suitable journey on open water or estuary with winds up to and including force 2-3
- OR
- 2) The assessment will take place on a section of river with a discernable green flow

### Assessor

Registered BCU 3 Star Touring Assessor

The following Coaches are eligible to register as BCU 3 Star Assessors:

- 1) BCU Level 3 Coaches (kayak or canoe) who are updated, and hold a minimum of 4 Star (4 Star Leader, or 'old' 4 Star) in both kayak and canoe.
- OR
- 2) Updated BCU Placid Water Level 3 Coaches

## Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling / Stopping and accelerating / Control over a figure-of-eight course
- A.4 Turning whilst on the move
- A.5 Moving sideways, both static and on the move
- A.6 Supporting
- A.7 The ability to deal with environmental concerns – Wind / Current / Wash Hanging / Trim / Beyond the paddle
- A.8 Securing

## Part B – Rescue Skills

- B.1 Deep-water rescue (rescue, and be rescued)
- B.2 Towing
- B.3 Capsize, swim and self-rescue

## Part C – Safety & Group Skills

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

## Part D – Theory / Knowledge

- 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
- D.9 General
- D.10 Navigation
- D.11 Etiquette
- D.12 Personal Paddling Skills