



## BCU 1 – 3 Star

### **BCU 1 Star Kayak/Canoe Award. Description.**

Canoe Control delivers this course in the UK, the French Alps and Provence.

Training and Assessment is over two days focusing on personal skills needed for this exciting sport. It's a great start for anyone wanting to learn the fundamental skills involved in paddling both kayak and canoe.

### **Itinerary.**

#### Day 1

AM. The first session in a kayak makes use of experiential learning; this enhances the natural ability you all ready have. This takes place in a safe placid water environment. Then we look at the fundamental control skills and safety aspects of using a kayak.

PM. With these new, found personal skills, you will gain further understanding on how to control the boats passage through the water. By linking paddle strokes together progression will be accelerated and the boat will move ever smoothly.

#### Day 2

AM. The skills you have leant are very transferable from kayak to canoe. This coaching session looks at the fundamental control skills and safety aspects of using a canoe in a placid water environment

PM. The use of a single paddle helps to enhance your control of the paddle blade. This in turn helps in the control of both canoe and kayak. The assessment will be on going whilst on a short journey.

Personal debriefs.

### **Pre requisites.**

Short Syllabus please view the full syllabus on our download page.

Ideally be able to swim

### **Venue.**

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## BCU 1 – 3 Star

Open placid water

### Personal Paddling Skills

Lifting, carrying, launching and landing

Directional control forward and reverse

Move sideways

Support both sides

Will also need to show competence in canoe and kayak skills

### Rescue Skills

Capsize and empty craft

## BCU 2 Star Canoe/Kayak Award      Syllabus

Canoe Control delivers this course in the UK, the French Alps and Provence.

An improvement award that helps paddlers develop fundamental paddle sport skills on flat water.

The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact. This award is significantly different to the old 2 star, with a change to develop generic movement skills that can transfer to any discipline and with an assessed journey.

### Day 1

AM. A number of personal skills, coaching sessions in a kayak, to build in a dynamic commitment to your boating. This will again be in a placid water environment, but the emphasis will be looking at the skills required to build speed and reaction.

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PM. Having a more dynamic style will lift performance. However we will ensure that we coach best practise at all time. To this end correct body posture is one of the main elements in improving and maintaining boat performance. With a more dynamic style and advancing skills confident and competence will grow. Aspects of safety and rescue.

### Day 2

AM. The transfer of improved kayak skills into a canoe will enhance your understanding of the relationship of boat to water. With increased performance and speed reaction needs to be more responsive. However improved understanding will improve your pro-activeness, this intern will improve performance further.

PM. A short journey with group and water awareness issues. Also there will be some very slow elements of moving water, this will help link many of the strokes together and help toward a successful conclusion of the course. Practised rescue skills.

Personal debriefs.

Pre requisites. Please study the full BCU syllabus available off our downloads page.

Ideally be able to swim

### Venue

Open placid water. Elements of slow moving water.

### **Personal Paddling Skills**

Show competence in canoe and kayak skills

Lifting, carrying, launching and landing

Efficient forward paddling

Reverse over a figure of 8 course

Moving sideways, both static and on the move

Supporting, both static and on the move

Canoe sailing and poling

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### Rescue Skills

Eskimo Rescue (kayak)

Deep-water rescue

Towing and use of towline

### Safety, Leadership & Group Skills

#### **Personal risk management**

Awareness of others

BCU 3 Star Kayak White Water Award Training. Please study the full BCU syllabus available off our downloads page.

Canoe Control delivers this course in the UK, the French Alps and Provence. The training will be over two days and the assessment will be one day. The training focuses on personal skills on grade 2 white water. The course also covers aspects of white water rescue and paddling as part of a group.

A full detailed action plan will be drawn up during the course. This will greatly assist in your personal development toward your assessment.

Successful performance at this level indicates that the paddler can consider themselves intermediate kayakers, 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 grade 2 river

#### Day 1

AM. An easy moving water site will be chosen to review personal ability. Coaching and development of technical skills to around the 3 star standard. Very elementary throw rope and boat based rescue practise.

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PM. Personal skills will be developed on technical grade 2 rapids. River reading, setting up safety and group dynamics will be explored. Each day will end with a personal debrief for each student.

### Day 2

AM. This day will cover the differing leadership styles, that are needed to deal with the ever changing river environment. The use of signals and what equipment is needed. Further coaching and development of personal paddling skills.

PM. Throw bag blitz sharpen up on the first rescue session. Session on rolling skills and playtime. Quick on the water group paddling review.

Personal debrief and writing up the action plan for the one day assessment

### Pre requisite

Ideally be able to swim

Logged evidence of having paddled on grade 2 water

### Venue

Open water

### Personal Paddling Skills.

Lifting, carrying, launching and landing

Efficient forward paddling

Reverse over a figure of 8 course

Moving sideways, both static and on the move

Supporting, both static and on the move

Rolling

Breaking in and out

Ferry gliding

Show competence on moving water up to and including grade 2



## BCU 1 – 3 Star

Rescue Skills.

Deep-water rescue

Towing and use of tow line

Eskimo Rescue

Throw line

### **Safety, Leadership & Group Skills**

Personal risk management. Have the ability to assess risk.

Awareness of others and the river.

Paddle on grade 2 water as part of a led group