

## **5 Star Whitewater Kayak – Trainer Notes**

The course should take place at a range of venues and should not be based exclusively at a single site.

Minimum requirement for 5-star training: At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment. Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate.

### **Training should look at:**

#### **Part A Personal Paddling Skills**

A.1 Efficient and effective onsite grade 3 river running skills

- leading 20km in one day
- Making eddies
- Positioning within the flow
- Running Drops
- Using, or avoiding, features to aid descent (inc. waves, stoppers, diagonals & towback)

A.2 Paddling identified (via inspection) safe and realistic lines on grade 4

A.3 Whitewater rolling

#### **Part B Rescue Skills**

B.1 The skilful application of appropriate boat and bank-based safety and rescue skills

B.2 Incident management and first aid in the 5 star environment

B.3 Becoming an effective team leader and team member in rescue / incidents

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

Working with both experienced and inexperienced advanced environment paddlers:

C.1 The skilful application of leadership principles e.g. CLAP

C.2 Appropriate leadership strategies, judgement and decision-making

C.3 Safety awareness and risk management

C.4 Group control and management

Students should experiment with a range on leadership strategies, judgement skills, decision making, adapt them to suit the group and nature of the conditions on the river. This basic principles are founded on the CLAP model and the leader is expected to be able apply these principles in a skilful and realistic way given the location and group.

#### **Part D Theory**

##### **D.1 Equipment**

Training should introduce students to be able to select and carry appropriate equipment for the safe supervision of their group in the prevailing conditions at the time of assessment. **D.2 Safety**

Students should be introduced to the foundation safety and rescue skills( i.e. those covered in the BCUWWSR course. )

**D.3 Weather**

Training should cover where to gain weather information and how best to use it when selecting a suitable river.

**D.4 Hypothermia/First aid**

A first aid award is necessary.

**D.5 Access**

Students should be introduced to how to gain access to rivers in the UK and to behave responsibly.

**D.6 Environment**

Training should enable the students to understand and show an appreciation of the environment and environmental legislation when planning the trip.

**D.7 Planning**

Students should be shown how to source suitable information about an area unknown to them and how to plan a suitable trip based on guidebooks or similar sources of information.

**D.8 Group Awareness and management**

Students should work on communication skills on the river and how to conduct good management strategies which help with effectiveness and control.

**D.9 Water features / hazards**

Students should work to an understanding of the grading system and the appreciation of the factors that may effect it.

**D.10 Navigation**

Training should cover the use of a map to provide pin point location on a river and taking and using basic compass bearings.

**D.11 Etiquette**

Students should understand etiquette on the river and its environs.

**D.12 General**

Training should cover paddlers responsibilities under the law, to understand the meanings of the term negligence and Higher Duty of Care.

**D.13 Leadership responsibilities**

Students should experience the CLAP principles.