

5 Star Leader Award 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.

Following assessment 5 Star Leaders must have in place 3rd Party Liability cover (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

Training Prerequisites:

- BCU 4 Star Leader Open Canoe Award or 'old' style BCU Level 3 Canoe Award

Assessment Prerequisites:

- Previous experience – The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced open canoe days in 3 different geographical areas.
- Recognised First aid award (minimum 16 hrs training including CPR) within the last 3 years
- Relevant Leadership Training - 5 Star Leader open canoe training within the last 3 years or 'old' style 5 Star Canoe training. This training must have been at least 4 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes).
- Home Nation Registration (LR Form)
- Aged 18 years or above.

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

Durations

Training: Whilst 4 days logged experience of formal training is seen as the minimum, five or even six days may be more appropriate.

Assessment: 2 days

Staffing:

For details of staffing requirements and ratios, please refer to the latest version of the BCU Staffing Requirements and Ratios document, available from the BCU or Home Nation websites. Training and Assessment may only be conducted by those qualified and registered to do so.

For details of registering as a 5 Star Leader Open Canoe Provider, refer to the BCU document 'Becoming a 5 Star Provider'

Administration:

Refer to the latest version of the BCU Star Award Guidance Notes for details on the administration of pre and post course paperwork for both candidates and trainers/assessors. Staff should also refer to the current version of the Trainer / Assessor notes.

5 Star Leader Open Canoe - Technical Syllabus:

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