

## 5 Star Leader Award White Water - 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 paddlers on advanced river journeys in whitewater kayaks. The five star leader has the skills and judgement to select appropriate river trips for paddlers with a range of experience.

Following assessment 5 Star Leaders must have in place 3<sup>rd</sup> 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 White Water Award or 'old' style BCU Level 3 Inland

### Assessment Prerequisites:

- Previous experience – The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced whitewater kayak river days in 3 different geographical areas. Logged experience of paddling grade V with peers.
- Recognised First aid award (minimum 16 hrs training including CPR) within the last 3 years
- Relevant Leadership Training - 5 Star Leader White Water training within the last 3 years or 'old' 5 Star White Water training within the last 3 years. This training must have been at least 2 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes).
- Relevant Safety Training: BCU Advanced White Water Safety and Rescue or 2 days formal safety and rescue training delivered by a registered BCU 5 Star Leader White Water Provider; only if achieved prior to 1/10/2010.
- Home Nation Registration (LR Form)
- Aged 18 years or above.

### Craft:

Whitewater kayak suitable for the remit of the award and the assessment environment

### Equipment:

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

### Assessment Venue

Grade 3-4 River or 3-4(5) (It must be possible to portage any grade 5 sections)

### Durations:

Training: Whilst two days is seen as the minimum requirement, three, four, or even five days would normally 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 White Water 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 White Water - Technical Syllabus:**

### **Part A – Personal Paddling Skills:**

- A.1 Efficient and effective onsite grade 3 river running skills
  - That would enable the candidate to lead 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 Paddle identified (via inspection) safe and realistic lines on grade 4
- A.3 Whitewater roll

### **Part B Rescue Skills**

- B.1 Demonstrate 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 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 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

### **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 Water features / hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership responsibilities

