

BCU Star Awards April 2008

BCU Four Star Leader Sea Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to;

- Lead a group of 4 (not including themselves) paddlers, on short (six to eight miles, of at least three hours paddling). Journeys in moderate tidal water environment with winds not exceeding force 4/sea state 4.
- Judge the conditions and the standard of the group and make appropriate decisions about the planned route along with the need to modify plans as required.

The 4* award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

Following assessment 4 Star Leaders must have in place 3rd Party Liability cover, knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

Pre-requisites

- Recognised First aid award (minimum 8hrs training including CPR)
- BCU Three Star three star Sea Kayak (or old 4 Star Sea Award)
- Previous experience:
- Provide documented evidence of a minimum of 10 sea trips (minimum 4 hours duration)

During 5 of these trips the candidate must assume an assistant leader role.

(The above extensive range of sea kayak journeys should include a variety of coastlines, sea states, sea areas, periods of limited visibility, tidal waters up to 3 knots, wind up to and including force 4 / Sea State 4 and could include camping from a kayak)

- 4 Star Training:
 - Evidence of a BCU 1 day coastal navigation and tidal planning course or similar NGB structured theoretical navigation course. similar RYA course.
 - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). / 18 hrs Candidates must be 16 or over at the time of assessment.

Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18.

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Craft

Sea 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.

VHF – when considering a means of summoning emergency assistance the leader must clarify, in areas they paddle, the necessity to carry a VHF set. If carried the leader must have attended a formal VHF operator's course as per legal requirements.

Assessment Venue

The conditions for the assessment must include:

- Tidal areas
- Periods of no less than Sea state 4 (or a tidal flow creating similar conditions)
- A featured and committing coastline with available landings at least every 1-2 miles / 1 hr and areas where it is not easy to land.
- Launching and landing through small surf, less than 1 metre.

Assessment Duration

18 hours

Assessor

Existing BCU Level 4 A4 or BCU UKCC Level 3 Sea Coach with relevant 5 star with specific training and assessment.

Ratio 1:4

The candidate is required to perform all skills on both sides.

If the kayak is fitted with a rudder, it must be disabled for the duration of the assessment.

Part A – Personal Paddling Skills

NB - Candidates must be capable of performing practical skills in force 4/5 winds / minimum Sea State 4

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient and effective sea paddling skills
 - Forward paddling
 - Reversing and Stopping
 - Maintaining Direction
 - Changing Direction
 - Moving Sideways
 - Supporting

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- A.3 Rolling
- A.4 Practical Navigation

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and rescue skills
 - Rescue capsized paddler and equipment
 - Self Rescue
 - Towing
 - Carry
 - Shepherding
- B.2 Effective team leader in rescue / incident Scenarios

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership 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 Incident Management

Part D – Theory

- D.1 Equipment and design
- D.2 Safety (includes Coastguard and rescue services)
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management
- D.10 Navigation
- D.11 Consideration of other water users (include collision regulations and signals)
- D.12 General (e.g. History)
- D.13 Leadership Responsibilities
- D.14 Water Features / Hazards (include tidal planning)