



Friends of Allonby Liverpool Canoe Club



Request for Canoe Safety Test Assessment

Date & time of assessment

Name

B.C.U. Number *(If a member)*

Address

Telephone

email

Pre-requisites *(Please Tick)*

- Hold the Two Star Test
- Be 14+ Years of Age
- Cheque for £6.00 (*£12 Non-Member*) payable to BCU **MUST** be Staped to this form
(Covers certificate and BCU Administration)
- You must read the guidelines outlining the assessment from www.bcu.org.uk (Unknown incident etc)
- The candidate must present her/himself fully equipped for the assessment
(Boat, personal clothing, towline & Throwing line)
- All 3 training modules must be signed by your coach before presenting yourself for assessment

1. GENERAL THEORY AND SKILLS

- a. The safety features of canoes/kayaks, buoyancy aids, and other canoeing clothing and equipment.
- b. The hazards that may be encountered on placid water, grade 1 water, and/or sheltered coastal waters or estuaries.
- c. The effects on paddling and paddlers of different weather conditions, e.g. rain, wind, fog, etc. In particular, the effects on the paddler of sudden immersion in cold water and/or prolonged exposure to the cold, precautions which will reduce those effects, and what to do if someone becomes dangerously cold.
- d. The use of simple signals for "come to me", "go left", "go right", "stop", "go back" and "acknowledge".
- e. How to handle a basic canoeing emergency, including the safety of the rescuer(s) and how to summon help.
- f. The various services and other assistance which could be called on during an incident.
- g. Good lifting techniques. This includes not only emptying boats in deep water, but also safe handling of craft on land, for example, onto a roof rack. (See BCU Guidelines)
- h. The value of holding a first aid certificate and where one can be obtained.

Coach

2. LIFESAVING

This training module covers the following topics:

- a. How to coach a swimmer in difficulty to shore. How to perform a safe reaching rescue, using either a rigid or non-rigid aid. Throwing a buoyant object to a casualty. Wading to get nearer to a casualty.
- b. How to correctly pack a throwline into its bag and then use it to execute a throwline rescue over a distance of 15m with sufficient accuracy to land within reach of a casualty.
- c. How to coil an unpacked throwline and then use it to execute a throwline rescue over a distance of 15m with sufficient accuracy to land within reach of a casualty.
- d. How to safely approach a struggling swimmer when paddling. How to effectively transport a casualty using various techniques such as the bow tow, bow carry, stern tow and stern carry and the suitability of these techniques in different situations.

Coach

3. CANOE/KAYAK RESCUE SKILLS

This training module covers the following topics:

- a. Deep water rescue techniques for dealing with a capsized canoe/kayak, including returning the casualty to their craft and the suitability of a variety rescue techniques ('X' rescue, 'H' rescue, 'T' rescue, 'The Curl', etc.) for different situations (solo or assisted, different craft, different paddlers, etc.).
- b. (CCK only) Eskimo rescues, including both paddle presentation and bow presentation.
- c. (CN only) Exiting the canoe in deep water, leaving it upright and without losing contact, and re-entering without assistance.
- d. Towing systems and alternative methods of getting a tired canoeist to land with their craft including an effective release of a towing system in an emergency.
- e. How to execute an "all in rescue".
- f. How to rescue a paddler in an upturned CCK in deep water, either as a swimmer or from another canoe/ kayak.

Coach

This form must be presented to the person directing the course **at least 7 days** in advance. I understand that places may be limited and that canoeing is a "risk sport". I will inform all those concerned of any relevant medical condition which may effect my ability to participate.

Signature _____