



# Friends of Allonby Liverpool Canoe Club



## Request for One Star Assessment

Date & time of assessment

Name

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

Address

Telephone

email

### Pre-requisites (Please Tick)

I have prepared thoroughly for both the theory and practical sections of the award

Cheque for £3.00 payable to FOA Liverpool CC MUST be Staped to this form. (Covers certificate and BCU Administration)

### THEORY

A question or two on Equipment, Safety, Hypothermia/first aid, Environment and access, General Canoeing (See website to prepare)

### PRACTICAL 'A'

1. Lifting, carrying and launching the kayak. The candidate must demonstrate good lifting and carrying principles using legs rather than the back. Assistance is recommended. The boat must be afloat. Balance must be maintained. The paddle must remain within reach or can be used to assist in embarking.
2. Forward paddling over a 100m course. Candidates must show evidence that they are able to control the kayak in a straight line over a distance of 100 metres. Some directional instability is likely to occur but this should not include complete loss of forward movement or a continuous careering from side to side.
3. Stopping. This should be demonstrated in both directions. Opposite motion should be in evidence within four strokes.
4. Rotate 360 degrees on the spot. Spinning in a clockwise and anti-clockwise rotation using the appropriate combination of forward sweeps and reverse sweeps. Some body rotation to be in evidence.
5. Reverse paddling. The kayak should travel a distance of 25 metres. Turning the trunk and looking over one or both shoulders must be in evidence.
6. Paddle a figure-of-8 course. The candidate should paddle a prescribed figure-of-8 course using a combination of forward strokes and sweeps to demonstrate a basic level of steering control.
7. Return to bank and disembark. Correct approach to the bank, relative to wind, current and type of bank or shore. Control must be maintained whilst exiting the boat. Exit without damaging the kayak or the bank.

Coach

### PRACTICAL 'B'

1. Capsize, swim ashore and empty. If a spraydeck is worn, this may be released before capsizing. The candidate should remain calm and quickly regain, and maintain contact with the kayak. The paddle should be retained, or collected by swimming the kayak to the paddle. Swim not more than 10 metres and empty the boat on the shore. Help can be asked for, so long as the candidate remains in charge of emptying.

Coach

### Demonstrate satisfactory beginnings in

1. Moving sideways. Some body rotation towards the paddling side should be in evidence. Blade to be well immersed. Paddle shaft probably not upright at this stage. Recovery of the blade through the air or sliced in the water is acceptable. Clear evidence of sideways movement should be in evidence but some bow or stern swing is acceptable.
2. Rudder. With forward movement of the kayak, the paddle should be inserted to one side of the boat. Blade should be almost covered, front arm relaxed over stomach, shaft parallel to side of boat. The kayak should be kept running in a straight line with the paddle remaining on the one side.
3. Preventing a capsize. The kayak should be edged sufficiently to be nearly off balance. Low recovery strokes should be demonstrated on both sides.

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 \_\_\_\_\_