



Friends of Allonby Liverpool Canoe Club



Request for Three Star Assessment

Date & time of assessment

Name

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

Address

Telephone

email

Pre-requisites (Please Tick)

Hold Two Star Certificate

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

Cheque for £6 (BCU Members) or £12 payable to B.C.U. **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, Group Awareness, Map and compass (See website to prepare)

PRACTICAL 'A'

1. Lifting, carrying and launching. Demonstrate good lifting and carrying techniques appropriate to getting a kayak from or to a car roof rack or a trailer, with assistance if required. The candidate should be able to launch safely and efficiently from any reasonable launching spot, e.g. pier, steps, high river bank.

2. Efficient forward paddling. Evidence of efficient forward paddling. Good trunk rotation, extended front arm, reasonably high paddling action (dependent on boat). Are the knees/legs cycling? The demonstration will be over a distance of about 500m (throughout the test) and will show good speed and control.

3. Reverse over a figure-of-8 course. Accurate and efficient backward paddling over a prescribed figure-of-8 course.

4. Turning whilst on the move. Turn the kayak quickly with the minimum loss of forward speed by means of a low brace turn, and by a bow rudder.

Low brace turn. The turn to be induced by applying a sweep stroke on the opposite side to the turn, followed by a confident edge into the turn. Back of paddle blade trailing on surface ready for support. Perform both left and right.

Bow rudder. The intention is to indicate that the kayak can be pivoted around the paddle. The turn to be induced by applying a sweep stroke on water at a comfortable distance from the gunwale, about level with the knees, with the drive face towards the boat but the leading edge angled away from the bow. Trunk rotation should be in evidence, the top arm across the top of the head. The boat is driven around the paddle by use of the opposite knee.

5. Moving sideways, both static and on the move. Move the kayak sideways in both directions by means of sculling draw, draw on the move and hanging draw.

Sculling draw. Body well rotated. Paddle shaft vertical, blade deep in the water. An effective sideways moment must be in evidence without the kayak turning.

Draw on the move. The kayak, whilst moving forward, is to be pulled sideways from its course without turning (as if to avoid an obstacle) using a draw stroke.

Hanging Draw. The kayak to be moved sideways over a greater distance than that of a draw stroke on the move. With the kayak moving forward at a good speed, the paddle should be placed out to the side, level with or just behind hip. The kayak should move sideways without the paddle moving in relation to the boat, or the kayak turning. (It may be necessary for the bow to be held at a slight angle away from the paddle.)

6. Supporting. Candidates should be able to demonstrate sculling for support and both low and high recover strokes. Each to be demonstrated on both sides.

Sculling for support. The paddle kept low, nearly horizontal, the kayak edged so that it is off balance. Good, confident committal to the paddle.

Recovery strokes. Both high and low recovery strokes be demonstrated with the kayak well off balance. To be performed on the move, and forward paddling to be maintained thereafter.

7. Securing. Secure the kayak to trailer, canoe rack or roof rack using a rope. Any practical system is acceptable but must use an efficient, recognised knot.

Coach

8. Tilting to assist turning. Exercise to be set showing good edging control that assists turning.

PRACTICAL 'B'

1. Deep water rescue. Be rescued and carry out an efficient deep-water rescue. An efficient rescue with the candidate in complete control, with help from the person in the water. It is recommended that boats should be equipped with total buoyancy (eg airbags).

2. Towing and use of two line. Candidate to show a knowledge of a way to tow a kayak using a line without assistance. The tow must be released as for an emergency. The candidate must indicate that he or she is aware of the inherent dangers of towing.

3. Eskimo rescue. A confident capsizes and banging on the hull, with the rescuer moving in from 5 metres distance. A first time recovery must follow, but two attempts may be made. Candidate to act as both rescuer and victim. Both styles of Eskimo rescue to be shown i.e. bow presentation and paddle presentation. The rescuer must not approach at right angles to where the hands or body are located.

Coach

Demonstrate satisfactory beginnings in

1. Rolling. The candidate should come up within three attempts, during each of which the assessor may guide or hold the blade of the paddle, but not touch the boat or paddler. A half roll is acceptable (i.e. down and up on the same side).

Journeying:

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1. Provide evidence of at least 3 journeys of 10 Km (about 3 hours duration each). **Please write details on back.**

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 _____