

3 Star Touring Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate paddler rather than a beginner, the candidate having demonstrated personal competence as a member of a group paddling in a variety of venues. These include open water in conditions of winds up to Beaufort Force 3, and/or ungraded rivers that have a discernible green flow.

Kayak touring paddlers may be interested in the British Canoeing 3 Star Touring Kayak Award and canoe paddlers should also consider the British Canoeing 3 Star Open Canoe Award.

Assessment Prerequisites

- Provide evidence of at least 3 different flat-water journeys of about 3 hours duration (10km) each. At least 1 of these needs to be in an open water environment, and 1 on a river trip.
- Provide evidence of at least 1 session of about 3 hours duration in an alternative discipline
- A consistent British Canoeing 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the British Canoeing 3 Touring Award; it is recommended that the candidate holds the British Canoeing 2 Star Award
- The ability to swim confidently in flat and open water, wearing normal paddling clothing.

Craft

Any directionally stable craft that is designed to be paddled with a single blade, and that is safe and fit for purpose for the remit of the award and the assessment tasks. For example, open canoes or racing canoes.

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group.

Assessor

British Canoeing 3 Star Touring Canoe Provider.

Assessment Venue

The assessment will take place during a suitable journey on a river or estuary with a discernible green flow, which will include wind affected sections (Beaufort Force 2-3).

Related British Canoeing Policies

- See 'Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities

- See 'Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a British Canoeing Star Award

Useful Information

Please refer to the British Canoeing 3 Star Touring Canoe Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

Technical Syllabus

Part A – Personal Paddling Skills

The emphasis for the candidate is that they have a holistic approach to paddling. The manoeuvres and strokes should be blended as appropriate. The assessment should not be seen as a tick box of skills. It is expected that candidates are able to perform all skills on both sides, in both environments:

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling, stopping and accelerating
- A.4 Turning whilst on the move
- A.5 Moving sideways, both static and on the move
- A.6 Supporting
- A.7 The ability to deal with environmental concerns (i.e. wind, current, wash hanging and trim)
- A.8 Beyond the paddle – sailing, poling and ropes
- A.9 Securing

Part B – Rescue Skills

The emphasis for the candidate is that they can be an effective member of a group including being capable of rescuing themselves and each other (candidates to act as the rescuer, and be rescued):

- B.1 Deep-water rescue
- B.2 Towing
- B.3 Capsize, swim and self-rescue

Part C – Safety, Leadership & Group Skills

During the assessment the candidate should show they have the ability to contribute to the successful trip/tour. These skills will be blended throughout the assessment. These skills will include:

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddling as part of a led group

Part D – Theory

The emphasis of the assessment is that the candidate can show the knowledge required of an intermediate paddler. This should be blended throughout the assessment.

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group awareness
- D.9 General knowledge
- D.10 Navigation
- D.11 Etiquette
- D.12 Personal paddling skills