

3 Star Open Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate open canoe paddler rather than a beginner. The candidate having demonstrated personal competence in paddling open water in wind conditions of Beaufort Force 3 and on grade 1 moving water as part of a led group.

Assessment Prerequisites

- Provide evidence of at least 3 different open canoe 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
- A consistent British Canoeing 2 Star standard of performance in an open canoe is required for anyone starting to work towards the British Canoeing 3 Star Open Canoe Award; it is recommended that the candidate holds the British Canoeing 2 Star Award
- The ability to swim confidently in the open water and river environment, wearing normal paddling clothes

Craft

A traditional open canoe suitable for the remit of the award and the assessment tasks, paddled solo and tandem. (A candidate may take a tandem only route if their ability to paddle solo is impaired, see 'Reasonable Adjustments for Paddlesport Awards and Coaching' for more information).

Equipment

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

Assessor

British Canoeing 3 Star Open Canoe Provider.

Assessment Venue

The conditions for the assessment must include:

- Open water with winds up to, and including Beaufort Force 3
- Grade 1 moving water

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 Open Canoe Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

Technical Syllabus

The emphasis for the candidate is that they have a holistic approach to paddling their canoe. The manoeuvres and strokes should be blended as appropriate. The assessment should not be seen as a tick box of skills.

Part A – Personal Paddling Skills

It is expected that candidates are able to perform onside strokes on both sides and appropriate cross deck strokes on both sides to effectively manoeuvre their boat in all directions, in both solo and tandem craft.

The majority of on the water manoeuvres are assessed in an open water environment, in winds up to (and including) Beaufort force 3, unless specifically stated in the Assessment Notes.

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Reverse paddling
- A.4 Turns whilst on the move
- A.5 Moving sideways, both static and on the move
- A.6 Supporting, both static and on the move
- A.7 Entering, crossing and exiting a simple flow
- A.8 Poling
- A.9 Sailing
- A.10 Securing
- A.11 Painter use (launching, shallows, securing to a jetty etc.)

Part B – Rescue Skills

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

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle a section of open water in wind conditions of Beaufort Force 3 as part of a led group

Part D – Theory

- D.1 Equipment (including paddle selection and injury prevention)
- 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