

### 3 Star White Water Syllabus

#### Aim

Successful performance at this level indicates that the paddler can consider themselves an intermediate kayaker, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a grade 2 river.

#### Pre requisites

- Able to swim
- Evidence of having paddled on grade 2 water

#### Venue

- Open water (not a swimming pool)
- Will also need to show competence on simple piece of moving water up to and including grade 2

#### Assessor

- Current BCU Level 3 inland kayak Coach or
- New BCU (UKCC endorsed) Level 3 Coach

#### Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Reverse over a figure of 8 course
- A.4 Moving sideways, both static and on the move
- A.5 Supporting, both static and on the move
- A.6 Rolling
- A.7 Breaking in and out
- A.8 Ferry gliding

#### Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Towing and use of towing aid
- B.3 Eskimo Rescue
- B.4 Throw line

#### Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle a section of grade 2 water as part of a led group

#### Part D – Theory

- D.1 Equipment
- D.2 Safety

- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General
- D.10 Navigation
- D.11 Etiquette

