



Port Of Plymouth Canoeing Association



2 Star Progression Chart.

This guide should help paddlers progress towards the new BCU 2 Star assessment. Please review the following list after each session and tick items that you can do confidently.

Kayak Paddling Skills

- Launching with the kayak afloat
- Efficient forward paddle (250m) under control with little correction
- Reverse paddle
- Stern rudder through narrow gap
- Stopping
- Low recovery (boat off balance)
- High recovery (start of)
- Draw strokes (T & sculling)
- Manoeuvre in & out of a confined space
- Turning (wide & close) (sweep / low brace / Bow rudder)
- Return to bank secure & stow boat
- Secure craft to roof rack using rope or straps

Kayak Safety & rescue

- Deep water rescue
- Eskimo rescue
- Capsize and swim to shore with spray deck in place

Open Boat Paddling Skills

- Launching with the canoe afloat
- Efficient forward paddle (250m) under control on one side (shown on both sides)
- Steering (stern sweeps / J stroke / rudders) Use of Trim in and out of wind
- Reverse paddle
- Manoeuvre in & out of a confined space
- Moving sideways (must show Draw and Pry)
- Low recovery (tandem draws and low recovery)
- Turning (inside and outside turns)
- Return to bank secure & stow boat
- Secure craft to roof rack using rope or straps

Open Boat Safety & rescue

- Capsize (swim to shore / re-enter & bail)
- Lifting (safe handling)

Safety Leadership & Group Skills

Plan and lead a paddle trip for you, a coach, and up to 3 others. Cover the following with planning:

- Weather
- Access permissions
- Anticipated hazards
- Transport arrangements
- Equipment – kit list
- Anticipated timings
- Emergency procedures

Date: _____ From: _____

To: _____ Desc _____

You will also need to have completed one of the following:

Paddled in at least 2 locations & taken part in 2 local competitions. **OR** Undertaken 2 journeys of 2+ hours duration each, to different places.

(1) Date: _____ From: _____ To: _____

(2) Date: _____ From: _____ To: _____

Theory

- British Canoeing's code of conduct
- Safety
- Access
- Trip planning
- Equipment
- Hypothermia & First aid
- Environment

The Full Syllabi for the 2 Star award can be found on the notice board in the shed and on the club website under the coaching tab.