

3 Star Wild Water Racing – Syllabus

Aim

Completion of the 3 Star in Wild Water Racing indicates that candidates can consider themselves as intermediate paddlers in Wild Water Racing rather than beginners. Personal competencies would have been demonstrated on different rivers and at events where the water is up to grade 2 in standard.

Two Star standard is the appropriate level to begin working towards their Wild Water Racing 3 Star, the 2 star can be taken in any boat and does not necessarily have to have been done in Wild Water Racing boats.

Pre-requisites:

Swimming: This should be signed off in the log book as witnessed or with certification attached. 75m swim on the front and 25m on the back, or personal qualifications/certification from ASA/RLSS/STA etc.

Foundation Safety and Rescue Training, Ideally with WW Racing craft used in the training

First Aid: A recognized 4 hour first aid qualification.

Evidence of Competting. Entered into the log book and verified.

Evidence of Paddling Grade 2 water. If this is not evident from the Race Results, then it would have to be evidenced by a coach.

Craft:

Any Wild Water Racing kayak or canoe can be used, this includes Wavehoppers or other similar plastic boats. The award can also be assessed in a C2, it would be expected, however, that both paddlers are at a similar standard and ideally both are training for the award.

Venue:

For the flat water paddling skills, any flat water environment can be used. For the white water personal paddling skills, rivers of Grade 1 standard with sections of Grade 2 are required. A number of different venues can be used over a period of time for assessment

Suitable sites and individual rapids will be identified over time and information published to assist assessors in their selection of venues.

Training:

Attendance at a formal training course is not a requirement, however it is expected that elements required are signed off as having been observed prior to attendance at assessment. This is to ensure that candidates are of a standard that 3 Star Assessment can be safely considered For fitness sessions etc, then a PE Teacher or other suitable knowledgeable/qualified person can sign off as completed.

Final Assessor:

Current BCU Level 3 Wild Water Racing Coach or higher with Wild Water Racing 3 Star assessment accreditation.

Part A – Flat Water Personal Paddling Skills

- A.1 **Fundamentals of Paddlesport.**
Posture, Connectivity, Power Transfer, Feel.,
- A.2 **Basic Principles of Forward Paddling**
- A.3 **Efficient forward paddling.**
- A.4 **Steer and control with the edges of the boat:**
- A.5 **Moving sideways both stationary and on the move.**
- A.7 **Supporting, both stationary and on the move:.**
- A.8 **Rolling on flat water:**
- A.8 **Wash hanging on the side wash:**

Part B - White Water Personal Paddling Skills

Ability to manage the boat on typical grade 1(2) white water

Personal skills: Moving water.

Assessments should be conducted on sections of moving water of grade 1 to 2. Students should navigate as directed by the assessor.

- B.1 **Lifting, carrying & launching**
- B.2 **Breaking in and out:**
- B.3 **Ferry gliding: k**
- B.4 **Efficient forward paddling on moving water with constant cruise speed:**
- B.5 **Good negotiation of rapids:**
- B.6 **Reverse Ferry Glide:**
- B.7 **Shoot small drops:**
- B.8 **Turn to one bank, then the other:**
- B.9 **Re-accelerate the boat immediately after a feature on the river:**
- B.10 **Take split times for a group of paddlers**

Part C – Rescue Skills

The Training for this section will have been covered in the candidate's Foundation Safety and Rescue Training (FSRT) Course. An assessment of their key skills is required though as part of their assessment process.

- C.4 **Throw line rescue:**
- C.5 **Capsize with spraydeck, swim and self-rescue:**
- C.6 **Defensive Swim**

Part D – Safety, Leadership & Group Skills

- D.1 **Personal risk management**
- D.2 **Awareness of others**
- D.3 **Paddle a section of grade 2 water as part of a led group**
- D.4 **Chase boating:**

Part E – Experience

E.1 Participation in Wild Water Races, Sprint, Classic and Team Events

Part F – General Fitness:

Use of the following in Training

- F.1 Paddling Ergo**
- F.2 Weight and/or Circuit Training**
- F.3 Core Functional Stability Training**
- F.4 Cardio vascular raining**

Part G – Compulsory Theory:

The following Theory areas to be covered in a question/answer session

- G.1 Equipment**
- G.2 Safety**
- G.3 Hypothermia**
- G.4 Environment**
- G.5 Warming up/cooling down**
- G.6 Clothing**
- G.7 Route Finding**
- G.8 Weather**

Part H – Selected Theory

3 Topics from the following list to be covered

- H.1 Components of Fitness**
- H.2 Mental Preparation**
- H.3 Wild Water Racing Rules**
- H.4 LTPD**
- H.5 Access**
- H.6 Injury Prevention**
- H.7 Strength and Conditioning**
- H.8 Training Principles**
- H.9 Where to buy Equipment**
- H.10 How to enter a race**