

## 3 Star Freestyle Canoe Syllabus

### Aim

Successful performance at this level indicates that the paddler understands the core competencies of freestyle and can perform at a base level. This award is suitable for those candidates paddling closed cockpit freestyle canoes.

Paddlers of freestyle kayaks may be interested in the British Canoeing 3 Star Freestyle Kayak Award.

### Assessment Prerequisites

- It is recommended that the candidate holds the British Canoeing 2 Star Award or have the equivalent ability
- Candidates are encouraged to provide evidence of at least 10 freestyle sessions (20 hours) in varied locations, where possible
- Candidates should be able to swim confidently wearing appropriate paddling equipment

### Craft

Many of the 3 dimensional movements within this discipline require a shorter, lower volume boat. Candidates will need to equip themselves suitably for assessment to ensure the practical components of the award can be achieved.

### Equipment

Candidates should have sufficient equipment with them to be a safe and useful member of the group.

### Assessor

British Canoeing 3 Star Freestyle Provider.

### Assessment Venue

Assessment takes place on a section of white water which does not need to include a river journey. Over the course of the assessment the following environments should be available:

- Sections of deep moving water and eddies (deep enough to safely roll and capsize)
- A wave suitable for surfing with sufficient depth to be safe
- A small hydraulic stopper suitable for surfing with sufficient depth to be safe and easily exited

## 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 Freestyle Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

## Technical Syllabus

It is expected that candidates perform all of the core skills on both sides.

### Part A1 – Core Elements

- A1.1 Warm up and down
- A1.2 Posture and connectivity
- A1.3 Rotation and synchronicity
- A1.4 Intensity and relaxation
- A1.5 Control, balance, paddle dexterity
- A1.6 Methods of position and set-up

### Part A2 – Core Skills

- A2.1 Rolling
- A2.2 Supporting
- A2.3 Flat-water manoeuvres
- A2.4 Entering and exiting play features
- A2.5 Wave surfing
- A2.6 Hole surfing
- A2.7 Shuvits
- A2.8 Flat spins
- A2.9 Stern dips on moving water
- A2.10 Bow ender and pirouettes
- A2.11 The beginning of a routine

### Part B – Rescue Skills

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

### **Part C – Safety, Leadership and Group Skills**

- C.1 Personal risk management
- C.2 Awareness of others

### **Part D – Theory**

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Freestyle environment
- D.6 Competition
- D.7 General
- D.8 Etiquette