

4 Star Touring Leader Syllabus

Aim

Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to lead a group of paddlers in a variety of different craft, in appropriate locations, up to moderate inland and sheltered tidal conditions, and moving water that has a discernible green flow. The British Canoeing 4 Star Leader has the skills and judgement to select appropriate environments for paddlers with a range of experience.

Following assessment 4 Star Leaders must have in place civil liability insurance (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

The 4 Star Leader Touring Award is not an open sea or tidal award; neither is it a coaching award. It is not suitable for introducing beginners to the sport.

Environmental Definitions

Moderate Inland Water = Large areas of open water that exceed the sheltered water definition, that are no more than 500 metres off shore and in wind strengths that do not exceed Beaufort Force 4.

Sheltered Tidal Water = Small enclosed bays, enclosed harbours, where there is minimal possibility of being blown offshore; defined beaches (a short section of beach with easy landing throughout, no tide races or overfalls beyond the beach), in conditions in which swimmers and beach craft could be happily operating winds not above Beaufort Force 3 (Beaufort force 2 if offshore when greatest of caution must be exercised); the upper reaches of some suitable, slow moving estuaries during neap tides. In all cases the wind and weather conditions must be favourable.

Note for Deployers

British Canoeing recommend that the British Canoeing 4 Star Touring Award is the appropriate qualification to lead general purpose kayaks, touring kayaks, white water kayaks, and open canoes in sheltered tidal water, sheltered inland water, and moderate inland water. The candidate is able to choose the craft from which they work, and are assessed specifically working from that craft. They should therefore be deployed working from the craft in which they were assessed, unless they have further experience or training to suggest otherwise. The leader is responsible for ensuring they are competent in the craft paddled.

Training and Assessment Courses

To achieve British Canoeing 4 Star Touring Leader candidates are required to attend British Canoeing 4 Star Touring Leader Training, this involves at least 2 days of formal training in personal skills, leadership, and safety and rescue. Some training courses may also include the prerequisite British Canoeing Foundation Safety and Rescue Training (extending the programme by an additional day). Training is valid for 3 years, during this time, and upon completion of the assessment prerequisites

candidates can then put themselves forward for assessment. Assessments are normally run over 2 days.

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 'British Canoeing Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a British Canoeing Star Award

See 'APL Guidance Notes' for details of how to apply for accredited prior learning, APL is mainly used to allow individuals access to a British Canoeing qualification where they do not hold the specific prerequisite for that award, but have equitable prior learning

Useful Information

Please refer to the British Canoeing 4 Star Touring Leader Guidance Notes and the British Canoeing Star Award Guidance Notes for further information.

Training Prerequisites

British Canoeing 3 Star Awards in both a single and a double bladed discipline (British Canoeing 3 Star Touring Kayak and British Canoeing 3 Star Touring Canoe Awards are acceptable).

Assessment Prerequisites

Home Nation British Canoeing 4 Star Touring Registration (LR)

- Valid (within 3 years) British Canoeing recognised 2 day first aid award (if first aid training was completed prior to 31/12/11, a recognised 8 hour first aid course is acceptable)
- Previous experience: provide evidence of minimum 12 trips (of at least 4 hours in duration) in at least 2 different moderate open water or sheltered tidal water venues and 2 different ungraded rivers that have a discernible green flow. This experience must include at least 6 trips as a member of a group, and at least 6 trips as an assistant leader
- British Canoeing Foundation Safety and Rescue Training Course
- Valid (within 3 years) British Canoeing 4 Star Touring Training

Candidates must be aged 16 or over at the time of assessment. Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18.

Craft

Any directionally stable canoe or kayak that is safe and 'fit for purpose' for the remit of the award and the assessment tasks. This may include for example:

- Racing craft
- Touring kayaks
- Open canoes

- Suitable sit-on-tops

It should be noted that whilst candidates have a choice of the craft they use, they are required to use the same type of craft (i.e. canoe or kayak) throughout the assessment.

If the award is taken as part of a crewed boat the candidate must show that they are taking ultimate control and responsibility. If the kayak is fitted with a rudder the paddler must be able to demonstrate they can safely paddle their craft to safety if the rudder fails.

Equipment

Candidates should have personal and group equipment appropriate for the remit of the award and the prevailing conditions.

Trainer and Assessor

British Canoeing 4 Star Touring Leader Provider.

Assessment Venue

The conditions for the assessment must include:

- Moderate open water or sheltered tidal water (as per definition on page 1)
- Discernible green flow including simple runnable weirs or equivalent

Technical Syllabus

Part A – Personal Paddling Skills

The emphasis is on the application of strokes to achieve suitable techniques and boat control in real situations, the candidate should have a holistic approach to their paddling. The manoeuvres and strokes should be blended as appropriate. Assessment is not a tick box of skills. Candidates are required to show all skills on both sides, and in each of the environments as appropriate.

A.1 Lifting, carrying, launching and landing

A.2 Efficient and effective moderate open water skills

- Forward paddling
- Manoeuvring
- Paddling with the wind
- Paddling against/across the wind
- Supporting

A.3 Efficient and effective moving water (river) skills

- Be able to move around on the river; upstream/downstream, in and out of simple eddies, around obstacles (bridge pillars, rocks etc.), and apply appropriate trim for the running of simple weirs or rapids
- Supporting

- A.4 Environmental concerns – beyond the paddle, ropes, portaging skills, sailing, rafting
- A.5 Navigation

Part B – Rescue Skills

The emphasis for the candidate is that they can be an effective member of a team. This would include that they can look after themselves and others while paddling in the environments as stated (candidates to act as the rescuer, and be rescued):

- B.1 Manage the application of appropriate boat and bank-based safety and rescue skills. Open Water:
 - Self-rescue
 - Deep-water rescue
 - Swamped raft
 - Man over board while sailing
 - Towing including rafted towing
 - Carrying a swimmer
- B.2 Manage the application of appropriate boat and bank-based safety and rescue skills. Moving Water:
 - Throwline rescues
 - Rescue of capsized paddler and equipment
 - Trapped boat recovery
- B.3 Incident management and first aid in the 4 Star environments
- B.4 Effective team leader and team member in rescues and incidents

Part C – Safety, Leadership & Group Skills

During the assessment the candidates should show they have the ability to lead others on the successful trip/tour in the stated environments. These skills will be blended throughout the assessment, and include:

- C.1 Skilful application of leadership principles (e.g. C.L.A.P.) to include both on and off the water activities
- C.2 Appropriate leadership strategies, judgement and decision-making to include how to deal with being caught out overnight
- C.3 Safety awareness and risk management
- C.4 Group control and dynamic management
- C.5 Equipment
- C.6 Intervening strategies
- C.7 Controlling and managing outcomes

Part D – Theory

The emphasis of the assessment is that the candidate can show the knowledge required of an intermediate paddler. This should be blended throughout the assessment.

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning for an overnight camp; including leader's equipment and how to deal with being caught out
- D.8 Portaging skills
- D.9 Group awareness and management
- D.10 Dealing with outside agencies
- D.11 Navigation
- D.12 Etiquette
- D.13 General
- D.14 Leadership responsibilities
- D.15 Water features and hazards
- D.16 Personal paddling skills