

## 4 Star White Water OC1 Leader Syllabus

### Aim

Successful performance at this level indicates that a candidate has the skill level required to lead a group of 4 paddlers (not including themselves) in appropriate locations, up to moderate white water conditions and to judge the conditions and the standard of the group and make appropriate decisions along with the need to modify plans as required.

The British Canoeing 4 Star Leader Award is a leadership award and not a coaching award.

Following assessment British Canoeing 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.

Paddlers of white water kayaks may also be interested in the British Canoeing 4 Star White Water Kayak Leader Award.

### Moderate Water Definition

Moderate White Water = Grade 2(3) white water or equivalent weirs.

(Extracted from Terms of Reference)

### Training and Assessment Courses

To achieve British Canoeing 4 Star White Water OC1 Leader candidates are required to attend British Canoeing 4 Star White Water OC1 Leader Training. This involves at least 2 days of formal training in personal skills and leadership. Some training courses also include the prerequisite British Canoeing White Water Safety and Rescue Training Course (extending the programme by an additional 2 days). 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 4 Star White Water Leader Training and Assessment Notes and the Star Award Guidance Notes for further information.

## Training Prerequisites

To be able to get the most out of the training candidates should be able to paddle to the standard of the British Canoeing 3 Star White Water OC1.

## Assessment Prerequisites

- Home Nation British Canoeing 4 Star White Water OC1 Leadership 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 white water paddling in 4 different regions. This experience must include:
  - time spent with a variety of groups in a variety of conditions, conditions will include low to high water and rivers that are different in nature, including small narrow rivers through to rivers with a wider more open feel to them
  - 12 grade 3 river trips as a member of a group
  - 12 grade 2(3) river trips as an assistant leader
- Valid (within 3 years) British Canoeing 4 Star White Water OC1 Leader Training. This includes at least 2 days logged experience of formal training in personal skills and leadership. Whilst 2 days is seen as the minimum this would be for individuals with extensive prior experience and realistically 3, 4 or even 5 days may be more appropriate
- British Canoeing White Water Safety and Rescue (WWSR) Training Course (or Rescue 3 Whitewater Rescue Technician). Candidates need to ensure their safety and rescue skills are current and up-to-date before presenting for an assessment; it is strongly advised that their WWSR training is recent to ensure this is the case.

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

A white water OC1 that is safe and fit for purpose for the remit of the award and the assessment tasks.

## Equipment

Candidates should have personal and group equipment appropriate for the remit of the award and relevant to the assessment environment and venue.

## Trainer and Assessor

British Canoeing 4 Star White Water OC1 Leader Provider.

## Assessment Venue

Assessment takes place on sections of white water that must include suitable river journeys. The rivers used must be moderate white water, and include the following:

- a variety of different types of eddies
- suitable surf waves and stoppers
- wave trains
- technical paddling sections that require route choices to be made

## Technical Syllabus

The emphasis is on the application of strokes to achieve suitable techniques and boat control in real situations.

### Part A – Personal Paddling Skills

The emphasis for the candidate is that they have a holistic approach to running the river. The manoeuvres and strokes should be blended as appropriate. The assessment should not be seen as a tick box of skills.

Paddlers are required to show all skills in both directions, and on grade 2(3) water. (Paddlers can use their chosen on-side and cross deck strokes as required; the ability to switch/paddle on both sides is not required).

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient and effective river running skills:
  - Forward paddling
  - Breaking in and out
  - Ferry gliding
  - S-turns
  - Surf small waves
  - Paddle into and out of small stoppers
  - Moving sideways on the move
  - Supporting
- A.3 Rolling
- A.4 Tactical understanding
- A.5 Environmental considerations
- A.6 Maintaining direction
- A.7 Changing direction

## Part B – Rescue Skills

The emphasis for the candidate is that they can be an effective member of a group. This would include that they can look after themselves and others while paddling on grade 2(3) white water (candidates to act as the rescuer, taking responsibility for the rescue):

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills:
  - Swimming and self-rescue
  - Throwline rescue
  - Rescue a capsized, swimming paddler and their equipment
- B.2 Incident management and first aid in the moderate water environment
- B.3 Effective group leader
- B.4 Group member in rescues and incident

## Part C – Safety, Leadership & Group Skills

During the assessment the candidates should show they have the ability to lead others on the successful descent of the grade 2(3) river. These skills will be blended throughout the assessment, and include:

- C.1 Skilful application of leadership principles (e.g. C.L.A.P.)
- C.2 Appropriate leadership strategies, positioning, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management
- C.5 Intervening strategies
- C.6 Controlling and managing outcomes

## Part D – Theory

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

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group awareness and management
- D.9 Water features and hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General knowledge
- D.13 Leadership responsibilities
- D.14 Personal paddling skills