

5 Star Open Canoe Leader Syllabus

Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of up to 4 solo paddlers or 3 tandem crews on advanced river journeys and on remote, exposed open waters in open canoe.

Successful performance at this level indicates that a candidate has the personal skill level, leadership ability and judgement to lead paddlers with a range of experience, up to and including advanced white water and advanced open water. The British Canoeing 5 Star Leader has the skills and judgement to select appropriate environments for paddlers with a range of experience. The British Canoeing 5 Star Leader Award is a leadership award and not a coaching award.

Following assessment British Canoeing 5 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.

Advanced Definitions

Advanced Inland Water = Large areas of open water which exceed Moderate Inland Water and/or have winds in excess of Beaufort Force 4.

Advanced White Water = Grade 3 white water.

(Extracted from Terms of Reference)

Training and Assessment Courses

To achieve British Canoeing 5 Star Open Canoe Leader candidates are required to attend British Canoeing 5 Star Open Canoe Leader Training. This involves at least 3 days of formal training in personal skills, leadership, and safety and rescue. 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, including 2 evening exercises.

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

Accredited Prior Learning (APL)

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.

APL may be appropriate for candidates with relevant and extensive paddling and leadership experience who wish to request exemption from the requirement to hold the relevant British Canoeing 4 Star Leader Award or British Canoeing Level 3 Coach before being able to access British Canoeing 5 Star Leader Training.

Useful Information

Please refer to the British Canoeing 5 Star Open Canoe Leader Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

Training Prerequisites

- British Canoeing 4 Star Open Canoe Leader or British Canoeing Level 3 Canoe Coach (see note above regarding APL).

Assessment Prerequisites

- Home Nation British Canoeing 5 Star Canoe Leadership Registration (LR)
- Valid (within 3 years) British Canoeing recognised 2 day first aid award
- Previous Experience: the candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced open canoe days in 3 different geographical areas
- British Canoeing 5 Star Open Canoe Leader Training (within last 3 years). This includes at least 3 days' logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see British Canoeing 5 Star Open Canoe Leader Training Notes). Whilst 3 days is seen as the minimum requirement, 4, 5 or even 6 days may be more appropriate
- Candidates must be 18 or over at the time of assessment

Craft

Traditional open canoe, paddled solo and tandem.

Equipment

Personal and group equipment appropriate for the remit of the award, and relevant to the assessment environment.

Trainer and Assessor

British Canoeing 5 Star Open Canoe Leader Provider.

Assessment Venue

Grade 3 white water and large areas of open water that exceed Moderate Inland Water and/or have winds in excess of Beaufort Force 4. If these conditions are not available then an assessment cannot take place.

Technical Syllabus

The candidate is expected to perform all paddle skills on both sides, i.e. left and right as well as both on the upstream and downstream sides of the boat where applicable. A full range of effective cross deck strokes should also be evident.

Part A – Personal Paddling Skills

- A.1 Efficient and effective grade 3 river running skills
- A.2 Efficient and effective open water skills (wind up to Beaufort Force 5)
- A.3 Lining and tracking
- A.4 Poling and snubbing
- A.5 Navigation

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills, including self-rescue
- B.2 Incident management and first aid in the 5 Star environment
- B.3 Effective group leader and group member in rescues and incidents

Part C – Safety, Leadership & Group Skills

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

- C.1 Skilful application of leadership principles (e.g. C.L.A.P.)
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management
- C.5 Equipment
- C.6 Structured evaluation of groups' paddling abilities with regard to proposed trip
- C.7 Provide guidance through top tips and handy hints

Part D – Theory

- 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 Navigation
- D.10 Etiquette
- D.11 General knowledge
- D.12 Leadership responsibilities
- D.13 Water features and hazards
- D.14 Injury prevention