

5 Star White Water OC1 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 paddlers on advanced river journeys in white water OC1.

Successful performance at this level indicates that a candidate has the personal skill level, leadership ability and judgment to lead paddlers with a range of experience, up to and including advanced white 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.

Paddlers of white water kayaks may also be interested in the British Canoeing 5 Star White Water Kayak Leader Award.

Advanced Definitions

Rivers up to and including grade 4(5). (Extracted from Terms of Reference)

Training and Assessment Courses

To achieve British Canoeing 5 Star White Water OC1 Leader candidates are required to attend British Canoeing 5 Star White Water OC1 Leader Training. This involves at least 2 days of formal training in personal skills, leadership, and safety and rescue. Some training courses also include the prerequisite British Canoeing Advanced White Water Safety 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

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 before being able to access British Canoeing 5 Star Leader Training.

Useful Information

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

Training Prerequisites

- British Canoeing 4 Star White Water OC1 Leader (see note above regarding APL)
- To get the most out of the 5 star training course candidates should have enough experience of paddling a variety of lines on grade 3 in comfort and control, and experience of paddling grade 4

Assessment Prerequisites

- Home Nation British Canoeing 5 Star White Water OC1 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 white water kayak river days in 4 different geographical areas, and logged experience of paddling grade 5. This experience needs to include time spent with a variety of groups in a variety of conditions. These conditions will include low to high water and rivers that are different in nature including:
 - small narrow rivers
 - wider larger volume with a more open feel to them
 - steeper technical rivers
 - pool drop rivers with features such as slides, drops and waterfalls
- British Canoeing 5 Star White Water OC1 Leader Training (within last 3 years). This includes at least 2 days' logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment. Whilst 2 days is seen as the minimum requirement, 3, 4, 5 or even 6 days may be more appropriate.
- British Canoeing Advanced White Water Safety and Rescue (AdWWSR). 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 AdWWSR training is recent to ensure this is the case.
- Candidates must be 18 or over at the time of assessment

Craft

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

Equipment

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

Trainer and Assessor

British Canoeing 5 Star White Water OC1 Leader Provider.

Assessment Venue

Assessment takes place on sections of white water, which must include suitable river journeys. The rivers used must be advanced white water (rivers up to and including grade 4(5) with the overall standard of the run being grade 4) and include the following features:

- Variety of different types of eddies
- Surf waves and stoppers that include towbacks
- Wave trains and diagonals
- Technical paddling sections that require route choices to be made
- Running slides, drops and waterfalls

Technical Syllabus

The emphasis is on the application of strokes to achieve suitable techniques and boat control in real situations. The candidate is required to show the ability to deal with a range of paddling conditions and have tactics to deal with the variety of paddling scenarios on advanced white water.

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 4 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 Efficient and effective on-sight (without inspection) grade 4 river running skills:

- that would enable the candidate to lead 20km in 1 day
- making a variety of different types of eddies
- positioning within the flow that allows paddlers to maintain and change direction as required

- running slides, drops and waterfalls
- using, or avoiding, features to aid descent (including, waves, stoppers, diagonals and towbacks)

- A.2 Tactical understanding
- A.4 White water roll

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 advanced white water (candidates to act as the rescuer, and be rescued):

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills
- B.2 Incident management and first aid in the advanced white water environment
- B.3 Effective group leader and group 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 descent of advanced white water. These skills will be blended throughout the assessment and take place on rivers up to and including grade 4(5). 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 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 advanced 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