

## **4 Star White Water Leaders Award - Syllabus**

The 4 Star Award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

### **Aim**

Successful performance at this level indicates that a candidate has the skill level required to lead a group of 4 competent paddlers (not including themselves) in appropriate locations, up to moderate conditions. The emphasis is on the application of strokes to achieve suitable techniques and boat control in real situations.

(Competent = Paddlers who do not require coaching to be in/on that environment.)

White Water Three Star standard is the appropriate level of performance for paddlers to begin working towards the White Water Four Star Leaders Award.

### **Pre-requisites**

- First aid award (minimum 8hrs training including CPR)
- Previous experience:
  - Provide evidence of 12 river trips (minimum 4 hours duration) in four different locations. This experience must include at least:
    - 6 grade 3 river trips as a member of a group
    - 6 grade 2-3 river trips as an assistant leader
- 4 Star Training:
- BCU White Water Safety and Rescue Training Course
  - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). Whilst two days is seen as the minimum requirement, five days would normally be more appropriate.
- Candidates must be 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, and must hold a current first aid award and have BCU coaching membership or private insurance.

### **Craft**

White water Spec Kayak or Canoe, suitable for the remit of the award and the assessment environment

### **Equipment**

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

### **Assessment Venue**

The conditions for the assessment must include:

Inland river with sections of grade 2-3

**Assessment Duration**

2 days

**Ratio** 1:4

**ASSESSOR**

- Current BCU A4 Inland Assessor / BCU Level 3 Inland Coach with 5 star and appropriate training or
- New BCU (UKCC endorsed) Level 4 Kayak Coach

**Part A – Personal Paddling Skills**

A.1 Lifting, carrying and launching/landing

A.2 Efficient and Effective River running skills

- Forward paddling
- Breaking in/out
- Ferry gliding
- Surf small waves
- Paddle into and out of small stoppers
- Draw stroke on the move
- Supporting

A.3 Rolling

**Part B – Rescue Skills**

B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills

- Swimming
- Throw line rescue
- Rescue capsized, swimming paddler and equipment

B.2 Incident management and first aid in the 4 star environment

B.3 Effective team leader and team member in rescue / incidents

**Part C – Safety, Leadership & Group Skills**

C.1 Skilful application of leadership e.g. CLAP principles

C.2 Appropriate leadership strategies, judgement and decision-making

C.3 Safety awareness and risk management

C.4 Group control and management

**Part D – Theory**

D.1 Equipment

D.2 Safety

D.3 Weather

D.4 Hypothermia/First aid

D.5 Access

D.6 Environment

D.7 Planning

D.8 Group Awareness and Management

- D.9 Water Features / Hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership Responsibilities

