



<input type="checkbox"/>	<b>Wellbeing, health and first aid</b>
	Paddlers should understand the factors that contribute to hypothermia or hyperthermia and have strategies to avoid them. They should be able to deal with the most likely paddlesport injuries. Prevention, signs and treatment of hypothermia & hyperthermia.
<input type="checkbox"/>	<b>Access</b>
	Are you allowed to paddle on any river? What sort of behaviour is most likely to upset other river users? What is meant by 'a navigation'? On which side of a navigable river or canal should you paddle?
<input type="checkbox"/>	<b>Environment</b>
	Why is 'seal' launching not recommended? Who would you contact if you came across signs of serious pollution e.g. oil, sewage, foul smells, dead fish and birds?
<input type="checkbox"/>	<b>Planning</b>
	What is a 'shuttle' with regards to a canoeing journey? What questions would you ask the leader if, as a 2 Star paddler, you were invited to take part in a day tour travelling about 4 miles down a slow moving river?

Further references:

[www.britishcanoeing.org.uk/courses/2-star-award/](http://www.britishcanoeing.org.uk/courses/2-star-award/)

<http://www.wansbeckpaddlesports.co.uk/coaching/download>



## 2 Star Progression Checklist

This guide should help 1 Star paddlers progress towards the new BC 2 Star assessment. Please review the following list after each session and tick items that you can do confidently.

Name: .....Date Started: ...../...../.....

Date Completed: ...../...../.....

<b>Kayak Paddling Skills</b>		<b>Cat</b>
<input type="checkbox"/>	Lifting and Launching	A1
<input type="checkbox"/>	Efficient forward paddle (250m)	A2
<input type="checkbox"/>	Reverse paddle	
<input type="checkbox"/>	Stern rudder through narrow gap	A3
<input type="checkbox"/>	Stopping	
<input type="checkbox"/>	Low brace recovery	A6
<input type="checkbox"/>	High brace recovery (start of)	A6
<input type="checkbox"/>	Sculling for Support	A6
<input type="checkbox"/>	Moving sideways (Posture, Draw, Sculling Draw)	A5
<input type="checkbox"/>	Manoeuvre in & out of a confined space	A4
<input type="checkbox"/>	Turning (wide & close) (sweep / low brace / Bow rudder)	A7
<input type="checkbox"/>	Return to bank and exit the craft	A8
<b>Kayak Safety and Rescue</b>		
<input type="checkbox"/>	Deep Water Rescue	
<input type="checkbox"/>	Roll	
<input type="checkbox"/>	Capsize and Swim to shore/bank	B1
<input type="checkbox"/>	Rescue a capsize paddler.	B2
<input type="checkbox"/>	Tow/Shunt capsized craft	B2
<b>Securing</b>		
<input type="checkbox"/>	Knots (Bowline, Overhand, Highway man's hitch, Clove hitch)	A9



Open boating skills should be practiced in both Solo and Doubles (Tandem). Paddlers should be proficient on both sides of the craft.

Open boat Paddling Skills		Cat
<input type="checkbox"/>	Lifting and Launching	A1
S <input type="checkbox"/>	Efficient forward paddle (250m)	A2
D <input type="checkbox"/>		
S <input type="checkbox"/>	Steering (stern sweeps / J stroke / rudders)	A3
D <input type="checkbox"/>		
S <input type="checkbox"/>	Using Trim in windy conditions	A3
D <input type="checkbox"/>		
<input type="checkbox"/>	Reverse paddle	
S <input type="checkbox"/>	Manoeuvre in & out of a confined space	A4
D <input type="checkbox"/>		
S <input type="checkbox"/>	Moving sideways (Posture, Draw, Sculling Draw)	A5
D <input type="checkbox"/>		
S <input type="checkbox"/>	Turning (On the spot, Fast short turn, slow wide turn)	A7
D <input type="checkbox"/>		
S <input type="checkbox"/>	Return to bank and exiting the boat	A8
D <input type="checkbox"/>		
S <input type="checkbox"/>	Low brace recovery	A6
D <input type="checkbox"/>		

Open Boat Safety and Rescue		
S <input type="checkbox"/>	Capsize (Swim to Shore/ Re-Enter and Bail)	B1
D <input type="checkbox"/>		
S <input type="checkbox"/>	Rescue a capsize paddler, x-Rescue, Curl.	B2
D <input type="checkbox"/>		
S <input type="checkbox"/>	Tow/Shunt capsized craft	B2
D <input type="checkbox"/>		

Securing		
<input type="checkbox"/>	Knots (Bowline, Overhand, Highway man's hitch, Clove hitch)	A9



Safety and Leadership Skills	
<input type="checkbox"/>	Plan and lead a 30-60 minute paddle trip for you, a coach, and up to 3 others
<input type="checkbox"/>	Execute the trip with the following planning: <ul style="list-style-type: none"> <li>• Weather Equipment – kit list</li> <li>• Access permissions</li> <li>• TTPP for group members</li> <li>• Anticipated timings</li> <li>• Anticipated hazards</li> <li>• Emergency procedures</li> <li>• Transport arrangements</li> </ul> Date: ...../...../..... From:.....To:.....  Description:
Theory	
<input type="checkbox"/>	<b>Equipment</b> What materials are most modern boats made from? Why should you wear some form of wind/waterproof? Why is it important to wear a buoyancy aid when on or near the water? Name two manufacturers or models of canoes that are sold in Britain.
<input type="checkbox"/>	<b>Safety</b> What clothing would you wear in cold weather and why? Why is the wind direction important when considering where and if you should go paddling? How would any current on a river be used to help make progress easier, or to turn around a bridge pillar? What is the 'rule of the road' on a busy river or canal?