

BCU Three Star Sea Kayak Syllabus

Aim

To recognise the level of skill, understanding and knowledge demonstrated (whilst journeying in a moderate tidal environment as part of a led group with winds no more than Force 4) is of the standard of an able improving sea paddler and beyond that of the beginner.

A consistent two star kayak standard of performance is appropriate for anyone starting to work towards the three star sea kayak award.

Pre-requisites

- Provide evidence of at least 3 different journeys on the sea, of about 3 hours duration (8nm) each
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

Craft

A closed cockpit kayak, or sit on top suitable for journeying on the sea.

Equipment

Personal equipment carried by an able improving sea paddler and appropriate to the conditions and the remit of the award.

Assessment Venue

The assessment will take place during a suitable sea journey, with wind up to and including Force 4, Sea State 3.

Assessor

- Current BCU Level 3 Sea Coach or
- New BCU (UKCC endorsed) Level 3 Sea Coach or above

Ratio 1:6

The candidate is required to perform all skills on both sides.
If the kayak is fitted with a rudder, it must be disabled for the duration of the assessment.

Part A – Personal Paddling Skills

A.1 Lifting, carrying and launching/landing

- A.2 Efficient forward paddling
- A.3 Reverse paddling, stopping
- A.4 Maintaining Direction
- A.5 Changing Direction,
- A.6 Moving Sideways,
- A.7 Supporting,
- A.8 Rolling
- A.9 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Contact tows and use of towline
- B.3 Eskimo Rescue (self rescue sit on top)

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle as part of a led group

Part D – Theory

- D.1 Equipment
- D.2 Sea Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General Knowledge
- D.10 Navigation