

## 5 Star Leader Award - Sea Kayak - Syllabus

### Aim

Successful performance at this level indicates that a candidate has entered a higher level of performance and knowledge, 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 other paddlers in appropriate locations in advanced tidal waters and in dynamic weather conditions typified by the Climate of the British Isles. The five star leader has the skills and judgement to select appropriate trips for a range of ability levels, however it is not a coaching award and not suitable for introducing beginners to the sport.

Candidates should be assessed to a verifiable common level, regional and climatic variations notwithstanding. When used with the relevant coaching award it shows that the candidate has sufficient expertise to coach and lead groups in more demanding situations.

This award is intended for paddlers who journey on the sea in areas where tidal races, headlands, open crossings, swell and challenging coastlines will be encountered. The award should be accessible to all those people who journey on the sea on a regular basis and should not be seen as the preserve of a few elite performers. It is envisaged that a committed club paddler, sea kayaking regularly in a suitable range of situations, sea areas and conditions should be able to obtain this award within a period of three years.

Following assessment 5 Star Leaders must have in place 3<sup>rd</sup> Party Liability cover (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

### Pre-requisites – Training

- BCU 4 Star Leader Sea Award or old style Level 3 Sea Award

### Pre-requisites - Assessment

- Previous experience -
  - The candidate must provide documented logged evidence of a minimum of 24 varied, quality, advanced sea kayak days in 3 different sea areas. This should include at least one multi-day trip.
  - Due to the nature of this award and its important remit for leadership it is required that candidates show 3 days (2 days and 2 nights) logged experience of training in leadership and personal skills, safety and rescue, and must include an overnight camp. Such experience may be gained on

a scheduled course or by informal training endorsed by an active level 5 coach. (UKCC Level 4). It is also strongly recommended that further endorsed training be undertaken based on the candidates action plan in different sea areas and a variety of environmental conditions.

- Recognised First aid award (minimum 16 hrs training including CPR) within the last 3 years
- Relevant Leadership Training - 5 Star Leader Sea training within the last 3 years or old style 5 Star Sea Training within the last 3 years.
- Relevant Safety Training: BCU Open Water Navigation & Tidal Planning Training or 2 days specific training on open water navigation tidal planning from a registered BCU 5 Star Leader Sea Provider.
- Home Nation Registration (LR Form)
- Aged 18 years or above.

### **Craft**

Sea Kayak 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.

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.

### **Assessment Venue**

The conditions for the assessment must include:

- Tidal areas
- Periods of no less than Sea state 5 (or a tidal race, creating similar conditions)
- An exposed rocky coastline with difficult landings and open crossings
- Launching and landing in moderate surf
- Candidates must come prepared to overnight camp

### **Durations**

Training: 2 days

Assessment: 2 days including 2 evening exercises

### **Staffing**

For details of staffing requirements and ratios, please refer to the latest version of the BCU Staffing Requirements and Ratios document, available from the BCU or Home Nation websites. Training and Assessment may only be conducted by those qualified and registered to do so.

For details of registering as a 5 Star Leader Sea Provider, refer to the BCU document 'Becoming a 5 Star Provider'

### **Administration**

Refer to the latest version of the BCU Star Test Guidance Notes for details on the administration of pre and post course paperwork for both candidates and trainers/assessors.

Staff should also refer to the current version of the Trainer / Assessor notes.

### **Part A – Personal Paddling Skills**

- A.1 Launching and Landing
- A.2 Efficient and Effective forward paddling
- A.3 Manoeuvring and Control
- A.4 Navigation on the water and in poor visibility
- A.5 Self-rescue
- A.7 Roll in rough water

### **Part B – Rescue Skills**

- B.1 Have knowledge of and demonstrate skilful application of appropriate and rescue skills
- B.2 Be conversant with different methods of towing

### **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 (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Exercise appropriate group control and management and show concern for the general welfare of other group members
- C.5 Demonstrate the capability to handle a range of incidents.

### **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.10 Navigation

- D.11 General History
- D.12 Leadership responsibilities
- D.13 Water features / hazards

