

BCU FOUR STAR WHITE WATER LEADER ACTION PLAN

3 = Competent at standard 2 = not quite competent 4 = slightly above standard 1 = not competent 5 = extremely competent	SCORING					DEVELOPMENT ACTION
	1	2	3	4	5	
Pre-requisites: Over 16 at assessment White Water 3* First Aid (min 8hrs) including CPR Evidence of 12 river trips 4* Training						
Craft and equipment: White Water Spec Kayak & paddle Personal: clothing waterproof kit bag, buoyancy aid and helmet spare clothing, throw line and emergency equipment for personal use , packed lunch, Sling, karabiner, appropriate knife, Group: first aid kit, repair kit, map, spare food						
Personal Paddling Skills Lift, carrying and launch/land Forward Paddling Breaking in/out Ferry gliding Surf small waves Paddle into and out of small stoppers Draw stroke on the move Supporting Rolling on moving water						
Skillful application of appropriate boat and bank based safety and rescue skills Swimming - <i>defensive and aggressive</i> Throw line rescue <i>direct and indirect belay</i> Rescue capsized, swimming paddler + equipment Incident management + 1st aid in the 4* setting						

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<p>Effective team leader and team member in rescue/incidents</p>						
<p>Safety, Leadership and Group Skills</p> <p>Skillful application of leadership eg CLAP principles</p> <p>Appropriate leadership strategies, judgement and decision-making</p> <p>Safety awareness and risk management</p> <p>Group control and management</p>						
<p>Theory</p> <p>Equipment - <i>how and why equipment has evolved and the best way to use it</i></p> <p>Safety - <i>stress on dynamic risk assessment</i></p> <p>Weather - <i>and high pressure- which brings rain, influence of mountains and wind direction</i></p> <p>Hypothermia/First Aid</p> <p>Access - <i>access issues throughout UK and sources of information</i></p> <p>Environment - <i>enjoyment of natural environment and how to protect it</i></p> <p>Planning - <i>access and egress, equipment, weather forecast, shuttle, lunch, contingency plans</i></p> <p>Group Awareness and Management -<i>Organising a group both on and off waters</i></p> <p>Water Features/Hazards - <i>what constitutes dangerous water features</i></p> <p>Navigation - <i>align map, distances, identify features to indicate position –use a guidebook</i></p> <p>Etiquette - <i>country code, BCU code of conduct</i></p> <p>General - <i>breadth of paddle sport, knowledge of one or more competitive forms</i></p> <p>Leadership Responsibilities <i>legal and moral responsibilities of a leader – to group, club & BCU</i></p>						