

BCU FOUR STAR WHITE WATER LEADER

A leadership not a coaching award. Not suitable for introducing beginners to the sport.

Aim: Indicates a person capable to lead a group of 4 competent paddlers (ie who do not need coaching) in appropriate locations, up to moderate conditions.

White Water 3* is appropriate entry level for this award.

Pre-requisites:

- Over 16 at assessment, candidates under 18 can take the assessment but cannot be deemed responsible until they turn 18
- First Aid (min 8hrs) including CPR
- Evidence of 12 river trips (min 4hrs duration) in 4 locations, must include at least 6 grade 3 river trips as member of group and 6 grade 2-3 trips as assistant leader
- 4* Training – at least 2 days formal training although 5 days more appropriate

Craft and equipment –*how to evaluate any equipment they use and importance of maintenance, carried or worn*

- White Water Spec Kayak & paddle
- Personal and Group equipment appropriate to the remit of the award and for the location.

*Appropriate **personal clothing** relative to the prevailing conditions, **spare clothing and waterproof kit bag, buoyancy aid and helmet** – identify key features of a suitable white water buoyancy aid and how it is worn, **helmets compulsory** and CE markings explained, **simple first aid kit, repair kit, throw line and emergency equipment for personal use** – simple but effective solutions to common or likely incidents, **packed lunch, Sling, karabiner, appropriate knife, plus a map, practical uses of each.***

Assessment Venue: Inland river with sections of grade 2-3 **Assessment Duration:** 2 days

Assessor Ratio: 1:4 **Assessor:** BCU A4 Assessor

Part A -Personal Paddling Skills – entirely comfortable on grade 2 water, competent on grade 3

A.1 Lift, carrying and launch/land

A.2 Efficient and Effective River running skills

- Forward Paddling
- Breaking in/out
- Ferry gliding
- Surf small waves *under 40cm wave, combined skills – stern rudder, low brace, body trim and edge*
- Paddle into and out of small stoppers *constant dynamic edge, correct posture and an active core*
- Draw stroke on the move
- Supporting *support strokes on moving water – safe and effective body positions*

To show competence and confidence in moving water, reverse ferry gliding to be arriving above a safe fall/weir and perform reverse ferry glide to inspect

A.3 Rolling *on moving water, set up acceptable*

Part B – Rescue Skills

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

- Swimming *defensive and aggressive swimming*
- Throw line rescue *direct and indirect belay and positioning*
- Rescue capsized, swimming paddler and equipment *push rescue & swimmer on back-no tow lines*

B.2 Incident management and first aid in the 4* environment *transfer qualifications into practical and useful tools*

B.3 Effective team leader and team member in rescue/incidents *minor incidents cut, loss of paddle etc*

Part C – Safety, Leadership and Group skills

C.1 Skillful application of leadership eg CLAP principles

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

C.3 Safety awareness and risk management

C.4 Group control and management

Identify hazards, choosing suitable lines, being an active member of the group, contributing to swift descent, playing leadership role, able to place selves in effective rescue locations, use of signals or other communication strategies. Important to add to the group dynamic, enable swift decision making, clear communication and positive outcomes. Kit looked at but each “leader” does not need it all – collective responsibility. Use map to show location and suitable escape routes.

Part D – Theory

D.1 Equipment *how and why equipment has evolved and the best way to use it*

D.2 Safety *as WWSR with stress on dynamic risk assessment*

D.3 Weather *low and high pressure- which brings rain, influence of mountains and wind direction*

D.4 Hypothermia/First Aid *dealing with an incident and seeing it through – simple evacuations, emergency services and group care – complement other first aid training*

D.5 Access *access issues throughout UK and sources of information*

D.6 Environment *enjoyment of natural environment and how to protect it*

D.7 Planning *access and egress, equipment, weather forecast, shuttle, lunch, contingency plans*

D.8 Group awareness and Management *Organising a group both on and off water-questions to ask self/others*

D.9 Water features/Hazards *what constitutes dangerous water features*

D.10 Navigation *align map, distances, identify features to indicate position –use a guidebook*

D.11 Etiquette *country code, BCU code of conduct*

D.12 General *breadth of paddle sport, knowledge of one or more competitive forms*

D.13 Leadership Responsibilities *legal and moral responsibilities of a leader – to group, club & BCU*

There will be a written multi choice paper for candidates to complete at home before the assessment. It will be largely based on information from the British Canoe Union Canoe and Kayak Handbook, Whitewater Safety and Rescue and the navigation part will require that you have the OS Landranger Map 87 Hexham and Haltwhistle.