

# One Star- encourage safe practice, regard for the equipment and be fun

## Part A – Personal Paddling Skills

### A.1 Lift, carry and launch the kayak or canoe.

Assistance is recommended. The candidate must demonstrate safe lifting and carrying principles avoiding twisting when lifting and keeping the load close to the body. The boat should be floating unless bank conditions prevent. The paddle to remain within reach and can be used when getting in. Achieving a good upright sitting or kneeling position is fundamental to good technique

### A.2 Forward paddling over a distance of 100m.

Candidates must show that they can control the kayak or canoe in a straight line over a distance of 100m. Some directional instability is likely to occur but without complete loss of forward movement. Canoeists may switch sides to generate initial momentum.

Candidates should:

1. Demonstrate an appropriate paddle grip.
2. Show an active posture, using the larger muscles of the body and show some rotation of the body.
3. Place the paddle in the water with an extended front arm dependant on style of boat.

### A.3 Steering and controlling the boat

Stopping both forwards and backwards. Stop within 4 strokes.

Rotate 180 degrees in both directions. Turn the boat using forward and reverse sweeps; body rotation needs to be evident.

Reverse paddling over a distance of approximately 5m, to a fixed point. (Need not make contact with the point but should be within 30 to 40 cm of it.) Turning the trunk and looking over shoulder(s) must be in evidence.

Demonstrate turns to the left and right with the boat tracking a course and maintaining forward movement. (Using a combination of sweeping, forward strokes or the use of a rudder, through a controlled turn).

### A.4 Return to the bank and get out.

Demonstrate a controlled and appropriate approach to the bank or shore.

Once by the shore the candidate must show a controlled and safe method of getting out of the boat and taking it out of the water.

## Part B–Rescue Skills

B.1 Capsize and be rescued or swim to the shore. Dependant on style of boat candidate should capsize 15mt from the bank and either be rescued or they should swim to shore towing all equipment

B.2 Emptying boats -Candidates should be aware and demonstrate principles of safe lifting when emptying boats at the waters edge. The amount of water would be small i.e. slight amount after a paddling session. Care and concern for the boat should also be shown particularly when a light racing boat is used.

## Part C– Safety, Leadership & Group Skills

C.1 Personal risk management via theory questions e.g. equipment

C.2 Awareness of others, via theory questions e.g. safety.

C.3 Provide evidence of one journey of about 1 hour (3 km) duration

All the above are covered via theory and a log book or via asking students about a basic 3k journey they have undertaken. Ensure that candidates understand the basic communication signals, the importance of looking out for each other, as well as what to do in the event of a capsize.

### Theory

D.1 Equipment

D.4 Access

D.2 Safety

D.5 Environment

D.3 Hypothermia/First aid

D.6 General

Questions should only be asked of the candidates that reflect the boat and equipment that is being worn or used. E.g. Buoyancy aid why and when should you wear it? What are toggles for? A detailed knowledge is not required at this standard.