

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 BCU Two Star kayak standard of performance is appropriate for anyone starting to work towards the BCU Three Star Sea Kayak award.

Prerequisites

- 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 is required.

Assessment Venue

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

Assessor

Registered BCU 3 Star Sea Assessor

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. Assessment may only be conducted by those qualified and registered to do so.

Syllabus

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 if using a 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, including;
 - Basic recognition of main buoyage
 - Basic knowledge of collision regulations and sound signals
 - Ability to identify position by using a grid reference and a latitude and longitude
 - Use a compass to paddle on a bearing
 - Ability to calculate distance and paddling time