

## 2 Star Progression Checklist

This guide should help 1 Star paddlers progress towards the new BCU 2 Star assessment. Please review the following list after each session and tick items that you can do confidently.

Name: \_\_\_\_\_

Date Started: \_\_\_\_\_

Date Completed: \_\_\_\_\_

### Kayak Paddling Skills

- Launching
- Efficient forward paddle (250m)
- Reverse paddle
- Stern rudder through narrow gap
- Stopping
- Low brace recovery
- High brace recovery (start of)
- Draw strokes (T & sculling)
- Manoeuvre in & out of a confined space
- Turning (wide & close) (sweep / low brace / Bow rudder)
- Return to bank secure & stow boat

### Kayak Safety & rescue

- Deep water rescue
- Eskimo rescue
- Capsize and swim to shore
- Lifting (safe handling)

### Open Boat Paddling Skills

- Launching
- Efficient forward paddle (250m)
- Steering (stern sweeps / J stroke / rudders)
- Reverse paddle
- Manoeuvre in & out of a confined space
- Moving sideways
- Turning
- Return to bank secure & stow boat

### Open Boat Safety & rescue

- Capsize (swim to shore / re-enter & bail)
- Lifting (safe handling)

### Safety Leadership & Group Skills

Plan and lead a paddle trip for you, a coach, and up to 3 others. Cover the following with planning:

- Weather
- Equipment – kit list
- Access permissions
- Anticipated timings
- Anticipated hazards
- Emergency procedures
- Transport arrangements

Date:

From:

To:

Desc

**You will also need to have completed one of the following:**

Paddled in at least 2 locations & taken part in 2 local competitions.

### **OR**

Undertaken 2 journeys of 2+ hours duration each, to different places.

(1) Date:

From:

To:

(2) Date:

From:

To:

### **Theory**

- Canoeist code of conduct
- Equipment
- Safety
- Hypothermia & First aid
- Access
- Environment
- Trip planning