

# Personal Proficiency Progress



<b>BCU 1 Star</b>	<b>Date</b>	<b>Coach Signoff</b>
Personal Paddling Skills as per syllabus		
Rescue Skills		
Safety, Leadership & Group Skills		
River Trip (1 hour duration or 3km)		
Theory		
Assessment Completed		

<b>BCU 2 Star</b>	<b>Date</b>	<b>Coach Signoff</b>
Personal Paddling Skills KAYAK as per syllabus		
Personal Paddling Skills CANOE as per syllabus		
Rescue Skills		
Safety, Leadership & Group Skills		
River Trip in Kayak (2+ hours duration)		
River Trip in Canoe (part of 2+ hours duration)		
Theory		
Assessment Completed		

<b>BCU 3 Star Touring Kayak</b>	<b>Date</b>	<b>Coach Signoff</b>
Personal Paddling Skills as per syllabus		
Rescue Skills		
Safety, Leadership & Group Skills		
Theory		
Assessment Completed		

<b>BCU 3 Star White Water Kayak</b>	<b>Date</b>	<b>Coach Signoff</b>
Personal Paddling Skills as per syllabus (on moving water up to grade 2)		
Rolling skills		
Rescue Skills		
Safety, Leadership & Group Skills (includes paddling a section of grade 2)		
Theory		
Assessment Completed		

Other awards are available beyond 2 Star including: 3 Star Open Canoe, 3 Star Sea Kayak, 3 Star Surf, various 4 & 5 Star awards as well as specific Safety & Rescue awards.

Please ask Chris Fawcett or Gary Elson for more details, or alternatively email [coaching@rugbycanoecub.org.uk](mailto:coaching@rugbycanoecub.org.uk)