

# BCU 1 Star

## Personal Progress Tracker



The BCU One Star is a flat water award that demonstrates an individual has basic boat control and foundation skills. The one star can be taken in any kind of paddlesport craft (e.g. sit-on-top, slalom C2, polo boat, sea kayak, racing canoe etc.)

Please print and keep this sheet yourself to track your personal progress towards this award.

Name:	Date	Coach Signoff
<b>Personal Paddling Skills</b>		
Lift, carry and launching		
Forward paddling over a distance of 100m		
Steering and controlling		
Return to bank and get out		
<b>Rescue Skills</b>		
Capsize and swim to shore with own kit		
Emptying boats		
<b>Safety, Leadership &amp; Group Skills</b>		
Personal risk management		
Awareness of others (theory)		
<b>Theory test</b>		
Questions covering Equipment, Safety, Hypothermia/First Aid, Access, Environment and General		
<b>RIVER TRIP</b>		
Provide evidence of 1 journey of about 1 hour /3km duration		
<b>Assessment Complete (Director of Coaching)</b>		

Regular assessment sessions will be held on the last Monday of each month during the summer season at Draycote.

As you complete a section of the syllabus please ask the assessing coach to sign off your sheet then when everything is complete please present to Chris Fawcett, Director of Coaching, for overall signoff and processing of the paperwork and certificate.

Please contact the Chris Fawcett on [coaching@rugbycanoeclub.org.uk](mailto:coaching@rugbycanoeclub.org.uk) for more information.