

# BCU 2 Star

## Personal Progress Tracker



The BCU Two Star is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact. The award is obtained by taking the assessment in **both** a kayak and a canoe.

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

Name:			Date	Coach Signoff
<b>Personal Paddling Skills</b>		<b>C</b>	<b>K</b>	
	Lift, carry and launching			
	Efficient forward paddling			
	Steering and controlling			
	Manoeuvre in a confined space			
	Moving sideways			
	Preventing a capsize			
	Turning			
	Return to bank and get out			
	Securing			
<b>Rescue Skills</b>				
	Capsize, swim and self rescue			
	Peer rescue			
<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 2 journeys of 2+ hour duration. Note: participation in a BCU recognised competition in slalom, polo, sprint or freestyle count as a journey.			
<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.