

# BCU 3 Star (ww)

## Personal Progress Tracker



Successful performance at this level indicates that the paddler can consider themselves an intermediate kayaker, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a grade 2 river.

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		
Efficient forward paddling		
Reverse forward paddling of 8 course		
Moving sideways, both static and on the move		
Supporting, both static and on the move		
Rolling		
Breaking in and out		
Ferry gliding		
<b>Rescue Skills</b>		
Deep water rescue		
Towing and the use of towing aid		
Eskimo rescue		
Throw line		
<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 at least 3 journeys on sheltered water and 3 on moving water which should include short stretches of grade 2. Either 10km should have been covered or approx 4 hours spent on the river. The trips should be on different rivers or different sections of the same river.		
<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.