

# BCU 3 Star (Tour)



## Personal Progress Tracker

Successful performance at this level indicates that the paddler can consider themselves no longer a beginner: the candidate having demonstrated personal competence as a member of a group paddling in a variety of venues. These include open water in conditions of winds up to force 2-3, and ungraded rivers that have a discernable green flow.

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		
Efficient reverse paddling / stopping and accelerating / control of 8 course		
Turning whilst on the move		
Moving sideways, both static and on the move		
Supporting		
Ability to deal with environmental concerns – wind / current / wash hanging / trim / beyond the paddle		
Securing		
<b>Rescue Skills</b>		
Deep water rescue		
Towing and the use of towing aid		
Capsize, swim and self 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, Planning, Navigation, Etiquette and General		
<b>RIVER TRIP</b>		
Provide evidence of at least 3 different flat water journeys of about 3 hour duration (10km) each, with at least one of these in an open water environment.		
Provide evidence of at least one session of about 3 hours duration in an alternative discipline.		
<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.