



BC 1 star Award 2018



- Pre-requisites:* over 14 and able to swim 25m.
- Time:* 4 weeks on Wednesday evenings 6 – 8pm
- Course Dates:* *Please contact training officer:* training@haylecanoecub.co.uk
- Course cost:* £40

Our course is designed for those new to paddlesport and introduces the basic techniques needed to paddle on flat water. It will not make you an expert paddler but will lay down the foundations to develop your skills further. It is a pre-requisite for the BC 2 star award.

Please note that all our courses are run by experienced BC qualified coaches, who operate on a voluntary basis. They reserve the right to remove you from the course if your behaviour is deemed to be disruptive or inappropriate.

Course contents:

The One Star award is divided up into four parts:

- Personal paddling skills
- Rescue skills
- Safety, leadership and group skills
- Theory

Personal Paddling Skills:

- Carry out a warm up and down.
- Lifting and carrying.
- Getting in and out of the boat.
- Forward and reverse paddling.
- Steering and controlling the boat.
- Moving the boat sideways.
- Stopping.

Rescue Skills:

- Capsize and swim to shore
- Awareness of deepwater rescues
- Emptying boats

Safety, Leadership & Group Skills:

- Personal risk management
- Awareness of others
- Take part in a trip of about 1 hour duration

Theory:

- Type of equipment used in paddlesport
- Safety
- Wellbeing and first aid
- The environment and access.

More details of the 1 star award can be found on the British Canoeing website:
www.britishcanoeing.org.uk