



Advice To Coaches on: CLOSED COCKPIT KAYAK STAR TESTS

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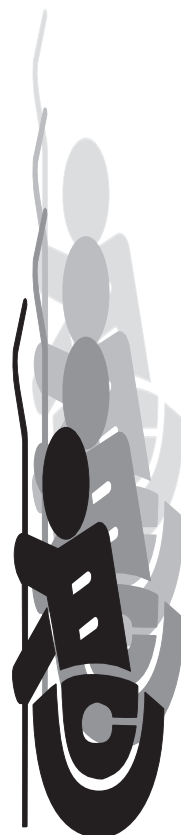
A resource for BCU Coaches....



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1-3 STAR TESTS CLOSED COCKPIT KAYAK



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CLOSED COCKPIT KAYAK STAR TESTS

INTRODUCTORY NOTES

Test Certificates

1. These tests are for closed cockpit kayaks - ie, kayaks designed for use on white water where a significant element in controlling the kayak is gained through gripping the deck and sides with knees and thighs. Open canoe star tests are described in CT/006, and open cockpit kayak (PlacidWater) star tests are described in leaflet CT/011. Paddlers of decked canoes or white water canoes equipped with saddles and air bags should also follow the Kayak syllabus with the assessors making sensible allowances.
2. The **STAR TEST ENTRY FORM** books are to be used by assessors. They are available free from the BCU Office at Adbolton Lane, West Bridgford, Nottingham NG2 5AS, or from your National Association. Forms should be clearly endorsed 'KAYAK TEST' by the assessor.
3. There is a poster which outlines the tests. This can be used on a school or club notice board.
4. **CERTIFICATES and CLOTH BADGES** will be issued, appropriate to the test taken, on payment by the candidate of the correct fee. There is NO FEE for a fail.
5. There are three ways of obtaining certificates and badges:
 - i) 1 and 2 Star certificates can be purchased in advance by coaches at the appropriate level from the BCU Coaching Department at a reduced rate.
 - ii) The appropriate fee can be collected from each candidate and submitted, together with a list of FULL NAMES, GRADE OF TEST PASSED, and a SINGLE ADDRESS for the badges and certificates to be returned en bloc for presentation.
 - iii) The candidate can be issued with a Star Test Entry Form from the Star Test Entry Form Book which he or she forwards to the BCU Coaching Department together with the appropriate fee. Details on how to operate the book of Entry Forms is printed on the cover. The Coaching Department does NOT require a file copy. It is recommended that the candidates are given a Star Test Entry Form in every case to enable them, if they wish, to obtain a further badge or certificate. The Coach need then only sign the form and mark the test passed, leaving the candidate(s) to complete name and address sections etc.(please do this clearly)
6. Candidates should be encouraged to apply for BCU Membership on the Star Test Entry Form. It is up to the assessor to give the candidate information about the fees. These are contained in the *BCU Members' Yearbook*.
7. Candidates can be awarded a Star Test even if their disability stops them from completing part of the award. For full details please refer to leaflet : CA/011 'Policy of the BCU on Tests and Awards as they apply to people with Disabilities'

ASSESSING STANDARDS

8. In order to achieve uniformity of assessment standards, careful attention should be paid to the sample questions, and to the definitions in the practical performance sections of the tests.
9. More than one grade can be taken at a time, but grades must NOT be skipped. Where a candidate does not hold the lower grade(s) a cross-section of the requirements of the lower test(s) should be incorporated at the assessor's discretion. Candidates need purchase only the highest rated badge and certificate however.
10. Level 1 Coaches (Placid Water Teachers) may test for 1 Star in the discipline related to their award. Level 2 Coaches (Competition Coaches) may examine for any 1 Star

5. **Moving sideways, both static and on the move.** Move the kayak sideways in both directions by means of sculling draw, draw on the move and hanging draw.
Sculling draw . Body well rotated. Paddle shaft vertical, blade deep in the water. An effective sideways movement must be in evidence without the kayak turning.
Draw on the move. The kayak, whilst moving forward, is to be pulled sideways from its course without turning (as if to avoid an obstacle) using a draw stroke.
Hanging draw. The kayak to be moved sideways over a greater distance than that of a draw stroke on the move. With the kayak moving forward at a good speed, the paddle should be placed out to the side, level with or just behind hip, The kayak should move sideways without the paddle moving in relation to the boat, or the kayak turning. (It may be necessary for the bow to be held at a slight angle away from the paddle.)
6. **Supporting.** Candidates should possess a range of support techniques in order to maintain balance in varied circumstances. Demonstrations should include low and high recovery strokes as well as low and high sculling for support on both sides.
Sculling for support. The paddle to be kept low, nearly horizontal, with evidence of confident committal to the paddle.
Recovery strokes. Both high and low recovery strokes be demonstrated with the kayak well off balance. To be performed on the move, and forward paddling to be maintained thereafter.
7. **Securing.** Secure the kayak to trailer, canoe rack or roof rack using a rope. Any practical system is acceptable but must use an efficient, recognised knot.
8. **Tilting to assist turning.** Exercise to be set showing good edging control that assists turning.

PRACTICAL 'B'

1. **Deep water rescue.** An effective rescue of another canoeist, returning him or her to their kayak in deep water. The capsized paddler may assist as instructed by the candidate. It is recommended that boats should be equipped with total buoyancy (eg, airbags)
2. **Towing and use of tow line.** Candidate to show a knowledge of a way to tow a kayak using a line without assistance. The tow must be released as for an emergency. The candidate must indicate that he or she is aware of the inherent dangers of towing.
3. **Eskimo rescue.** A confident capsize and banging on the hull, with the rescuer moving in from 5 metres distance. A first time recovery must follow, but two attempts maybe made. Candidate to act as both rescuer and victim. Both styles of Eskimo rescue to be shown i.e. bow presentation and paddle presentation. The rescuer must not approach at right angles to where the hands or body are located.

Demonstrate satisfactory beginnings in:

1. **Rolling** The candidate should come up within three attempts, during each of which the assessor may guide or hold the blade of the paddle, but not touch the boat or paddler. A half roll is acceptable (i.e. down and up on the same side).

Journeying

1. Provide evidence of at least 3 journeys of 10km (about 3 hours duration each).

Planning

Sample questions:

What average speed do you think you can travel at over a 4-hour journey in your kayak without any current or strong wind to help or hinder you ?

What questions would you ask the leader if, as a 3 Star paddler, you were invited to take part in a day tour travelling about 12 miles down river ?

General

Sample questions:

Name two manufacturers of kayaks in Britain?

How does joining the British Canoe Union help you and help canoeing generally?

Have you heard of Rob Roy MacGregor?

Group Awareness

Sample questions:

On which side of a navigable river or canal should you paddle?

How would you raise the alarm if you were paddling at the back of a group and the person ahead of you capsized?

Map and compass

Sample questions:

Why is it important to have a compass with you when on a journey?

What sort of map is the best one to have with you for a journey on a river or canal?

PRACTICAL 'A'

1. **Lifting, carrying and launching.** Demonstrate good safe lifting and carrying techniques appropriate to getting a kayak from or to a car roof rack or a trailer, with assistance if available. The candidate should be able to launch safely and efficiently from any reasonable launching spot. e.g. pier, steps, high river bank.
2. **Efficient forward paddling.** Evidence of efficient forward paddling. Good trunk rotation, extended front arm, reasonably high paddling action (dependent on boat). Are the knees/legs cycling? The demonstration will be over a distance of about 500m (throughout the test) and will show good speed and control.
3. **Reverse over a figure-of-8 course.** Accurate and efficient backward paddling over a prescribed figure-of-8 course.
4. **Turning whilst on the move.** Turn the kayak quickly with the minimum loss of forward speed by means of a low brace turn, and by a bow rudder.
Low brace turn. The turn to be induced by applying a sweep stroke on the opposite side to the turn, followed by a confident edge into the turn. Back of paddle blade trailing on surface ready for support. Perform both left and right.
Bow rudder. The intention is to indicate that the kayak can be pivoted around the paddle. The turn to be induced by applying a sweep stroke on the opposite side to the turn. The blade should then be planted in the water at a comfortable distance from the gunwale, about level with the knees, with the drive face towards the boat but the leading edge angled away from the bow. Trunk rotation should be in evidence, the top arm across the top of the forehead. The boat is driven around the paddle by use of the opposite knee.

Test provided that the assessor holds 2 Star in the discipline being assessed. Level 2 Coaches and above may examine 2 Star in the discipline related to their award, and 2 Star in any other discipline for which they hold the 3 Star. Level 3 Coaches and above may assess 3 Star in the discipline related to their award and also assess 2 Star in alternative disciplines for which they hold the 3 Star and any 1 Star. It is necessary to be a Level 3 Coach in the discipline concerned to test for 4 Star.

PRACTICAL NOTES

11. Normally canoeists should be able to swim 50 metres in light clothing. Discretion may be exercised, however, in accordance with a coach's training and experience, where special circumstances exist.
12. These tests are designed for performance in closed cockpit kayaks in moderate conditions. Due allowance should be made if conditions are in excess of those stated.
13. Help is recommended with emptying and carrying the kayak.
14. The knowledge necessary to pass these tests is contained in the *BCU Canoeing Handbook*. The sample questions are intended to demonstrate the 'level' and should not be used ad nauseam. Theory should relate to the paddler's experience.
15. All the kayak 'Star' awards are to be taken as a solo paddler.

ENVIRONMENT

16. Canoeing is an exciting, adventurous, competitive and recreational activity from which much of the enjoyment and adventure comes from the natural environment around you. Every canoeist must remember to respect all wildlife and take care not to damage or destroy the environment by observing the Canoeist's Code of Conduct and the recommendations in the BCU leaflet '*Earning a Welcome*'.

POLLUTION WARNING

17. All tests should be taken out of doors, but please note that some waterways are subject to serious pollution. Where there is reason to believe that the level of pollution is such as to render capsized drill potentially hazardous, alternative safer methods/locations (including swimming pools) may be used for those aspects of performance tests that require deliberate immersion.

SOME DEFINITIONS

18. The term 'drive face' indicates the face of the blade that would pull against the water if the paddle were being used for normal forward propulsion. The other face of the blade is referred to as the 'back face'.

MANUAL HANDLING

19. All Canoeists need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment related to the sport of Canoeing. This could, of course, include a body, especially when performing rescues. In addition, Risk Assessments of how to prevent harm and injury to paddlers should be undertaken as a matter of routine. In Civil Law there is a 'Duty of Care' towards your students and others who paddle. This includes, loss, harm, damage and injury. Coaches are charged with the care of paddlers, and as such, Coaches need to identify where there is a risk of the 'duty' being neglected or abused. The BCU has prepared an information leaflet which gives a brief outline of procedures to assess and evaluate Manual Handling operations. In addition, a one day Injury Prevention Course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service. (see section 5)

ONE STAR TEST

CLOSED COCKPIT KAYAK

AIM

A basic assessment of ability at the end of an introductory course. An encouragement award. The test itself should encourage safe practice, regard for the equipment, and fun.

PRE-REQUISITES:

None.

VENUE:

Sheltered water (not a swimming pool) but see paragraph 17 of the Introductory Notes.

ASSESSOR:

Level 1 Kayak Coach or Level 2 Kayak Trainee Coach or above

Level 2 Coaches or higher in alternative disciplines, who hold the Kayak 2 Star Test or higher, may also assess this award.

THEORY:

- a question or two of a similar level should be asked under each heading

Equipment

Sample questions:

What fittings should a kayak always have ?

What fitting should a spray deck always have ?

How long should your paddle be ?

Safety

Sample questions:

What should you never do if you capsize a kayak ?

Why should you not paddle alone ?

Why should you keep a straight back when lifting a kayak ?

Hypothermia/first aid

Sample questions:

What could make a mild day seem cold to a kayaker?

Why is a waterproof cag or anorak important to a kayaker ?

Environment and access

Sample questions:

If you found litter on the bank or shore, or floating in the water, what should you do ?

What sort of things make a kayak trip on a quiet river or canal an enjoyable experience ?

General

Sample questions

What are the main differences between a canoe and a kayak ?

Who are the famous users of kayaks for hunting ?

Who are the famous users of canoes ?

THREE STAR TEST

CLOSED COCKPIT KAYAK

AIM

Successful performance at this level indicates that candidates can consider themselves as intermediate canoeists rather than beginners.

3 Star level is required for attending a course for the qualification of Level 2 Coach.

PRE-REQUISITES

BCU 2 Star Test. Where a candidate does not hold this award a small cross-section of the 1 Star and 2 Star techniques should be incorporated at the assessor's discretion.

VENUE

Sheltered water (not a swimming pool) but see paragraph 17 of the Introductory Notes.

ASSESSOR

Level 3 Kayak Coach or higher, in the appropriate discipline.

THEORY

- a question or two of a similar level should be asked under each heading

Equipment

Sample questions:

What materials are most modern 'general purpose' boats made from?

What advantage does a spray deck made from neoprene give?

What is the main difference between a 'dry cag' and a 'wet suit top'?

Safety

Sample questions:

What would you pay special attention to if you were going out kayaking in the winter ?

Why can a rapid or fast moving water be dangerous ?

Hypothermia/first aid

Sample questions:

What are the signs that someone is becoming hypothermic?

What are the most important things to do if someone suffers a bad injury?

Access

Sample questions:

What is an 'access agreement'?

What sort of behaviour is most likely to upset an access agreement?

What is meant by 'a navigation'?

Environment

What is the most distressing/disturbing wildlife encounter you have had whilst canoeing?

Who would you contact if you came across signs of serious pollution - eg oil, sewage, foul smells, dead fish and birds?

paddle should be in the low brace position, level or just in front of hip, shaft as parallel to surface of water as boat will allow, back of the blade on the water. The boat carves a slow, stable turn.

8. **Disembarking.** Correct approach to the bank, exit kayak without use of the paddle. Balance and control of the boat to be maintained. Exit without damaging the kayak or the bank.
9. **Securing.** The candidate must understand the concept of securing boats at the end of the session, either by tying down or putting onto purpose-made racks, using ropes with a secure knot.

PRACTICAL 'B'

- 1 **Deep Water Rescue.** Take charge of a deep water rescue which should be carried out with assistance, then act as the victim.

Demonstrate satisfactory beginnings in

- 1 **Sculling draw.** Body turned towards gunwale. Paddle shaft fairly upright, drive face towards the kayak and deep in the water. Kayak edged slightly to avoid water going onto deck.
- 2 **Sculling support.** Kayak edged so that it is just off balance. Paddle shaft horizontal, drive face on the water, leading edge of blade raised on each slow scull. Arms flexed in a natural position. (For the purpose of this test, the assessor should regard sculling as a balancing and paddle-control exercise, not as a means of survival in a stopper.)
- 3 **Eskimo rescue.** Recovery with lower body rotation from an upside down position whilst maintaining a hold on the rescuer's bow. May be preceded with practice until recovering from an upside down position. Candidate to act both as rescuer and as victim.
- 4 **Edging** Candidate to paddle a circle with inside and outside edging being evident. The direction of the turn which is induced is not significant.

Journeying

- 1 Provide evidence of at least 1 journey of about 2 hours (6 km) duration.

PRACTICAL 'A'

1. **Lifting, carrying and launching the kayak.** The candidate must demonstrate good safe lifting and carrying principles using legs rather than the back. Assistance is recommended. The boat must be afloat. Balance must be maintained. The paddle must remain within reach or can be used to assist in embarking.
2. **Forward paddling over a 100m course.** Candidates must show evidence that they are able to control the kayak in a straight line over a distance of 100 metres. Some directional instability is likely to occur but this should not include complete loss of forward movement or a continuous careering from side to side.
3. **Stopping.** This should be demonstrated in both directions. Opposite motion should be in evidence within four strokes.
4. **Rotate 360 degrees on the spot.** Spinning in a clockwise and anti-clockwise rotation using the appropriate combination of forward sweeps and reverse sweeps. Somebody rotation to be in evidence.
5. **Reverse paddling.** The kayak should travel a distance of 25 metres. Turning the trunk and looking over one or both shoulders must be in evidence.
6. **Paddle a figure-of-8 course.** The candidate should paddle a prescribed figure-of-8 course using a combination of forward strokes and sweeps to demonstrate a basic level of steering control.
7. **Return to bank and disembark.** Correct approach to the bank, relative to wind, current and type of bank or shore. Control must be maintained whilst exiting the boat. Exit without damaging the kayak or the bank.

PRACTICAL 'B'

1. **Capsize, swim ashore and empty.** If a spraydeck is worn, this may be released before capsizing. The candidate should remain calm and quickly regain, and maintain contact with the kayak. The paddle should be retained, or collected by swimming the kayak to the paddle. Swim not more than 10 metres and empty the boat on the shore. Help can be asked for, so long as the candidate remains in charge of emptying.

Demonstrate satisfactory beginnings in:

1. **Moving sideways.** Some body rotation towards the paddling side should be in evidence. Blade to be well immersed. Paddle shaft probably not upright at this stage. Recovery of the blade through the air or sliced in the water is acceptable. Clear evidence of sideways movement should be in evidence - some bow or stern swing is acceptable.
2. **Ruddering.** With forward movement of the kayak, the paddle should be inserted to one side of the boat. Blade should be almost covered, front arm relaxed over stomach, shaft parallel to side of boat. The kayak should be kept running in a straight line with the paddle remaining on the one side.
3. **Preventing a capsize.** The kayak should be edged sufficiently to be nearly off balance. Low recovery strokes should be demonstrated on both sides.

TWO STAR TEST

CLOSED COCKPIT KAYAK

AIM

An improvement award that covers the basic flat water skills.

The emphasis is on creating the desired movement of the boat through developing an understanding of cause and effect rather than concentrating on rigidly defined strokes. 2 Star level is required for attending a course for the qualification of Level 1 Coach.

PREREQUISITES

BCU 1 Star Test. Where a candidate does not hold this award a small cross-section of 1 Star techniques should be incorporated at the assessor's discretion.

VENUE

Sheltered water, (not a swimming pool) but see paragraph 17 of the Introductory Notes.

ASSESSOR

Level 2 Kayak Coach or higher.

Level 3 Coaches in alternative disciplines, who hold the Kayak 3 Star Test or higher, may also assess this award.

THEORY

- a question or two of a similar level should be asked under each heading

Equipment

Sample questions:

What is an asymmetric paddle blade?

What is the advantage of an asymmetric paddle blade?

Why is a racing boat faster than a touring or short white water boat?

Safety

Sample questions:

Why can it be dangerous to kayak on open water before you are sufficiently experienced?

Why should you wear a buoyancy aid even if you are a good swimmer?

Why are weirs dangerous ?

What is Leptospirosis, and what precautions can you take against it?

Hypothermia/first aid

Sample questions:

What (in simple terms) is meant by 'hypothermia'?

How is hypothermia avoided ?

Why should you cover cuts and grazes with a waterproof dressing?

Access

Sample questions:

Can you paddle your kayak on just any river or canal?

What would you do if someone told you that you had no right to be canoeing where you are?

Environment

Sample questions:

What is the most beautiful place in which you have been with your kayak?

What is the best wildlife encounter you have had while canoeing?

What is the principle you should apply when you leave a picnic or camping site?

Planning

Sample questions:

What should you take with you to ensure your comfort on a short trip?

How far do you think you could paddle in a day without becoming too tired and fed up?

General

Sample questions:

Name three different types of kayaking competition?

What is meant by 'white water' kayaking?

Group awareness

Sample questions:

How could you help someone who was having difficulty in keeping up on a trip?

Why is it important to keep together as a group when journeying?

PRACTICAL 'A'

1. **Lifting, carrying and launching the kayak.** Candidate to demonstrate good and safe lifting and carrying principles. Boat to be afloat and entry into it without any aid from the paddle, though the paddle must be close ie within reach.
2. **Efficient forward paddling.** To paddle a distance of about 200 metres. Posture upright but natural. Continuous natural rhythmic paddling, some trunk rotation in evidence. A reasonable degree of steering accuracy to be achieved including 50 metres at a good cruising speed.
3. **Reverse paddling and stopping.** Candidates should demonstrate controlled and reasonably accurate reverse paddling over a distance of 25m towards a point defined by the assessor. When reversing, looking over one shoulder and unwinding the trunk to produce power must be in evidence. Back (non-drive) face of the paddle presented to the water. For stopping, the canoe should be travelling at a good cruising speed and motion in the opposite direction should be evident within 4 strokes.
4. **Moving the kayak sideways.** Move boat sideways 5m retaining directional stability. Blade to remain submerged throughout stroke. Top arm no lower than shoulder height. Body rotation. Lower arm extends fully at start of stroke, top hand acts as pivot.
5. **Preventing a capsiz.** Show an efficient low recovery stroke with the boat off balance. A good firm push, with associated hip rotation, should be evident. For high recovery stroke the boat must be off balance with water up to the paddlers waist. Repeated on both sides.
6. **Ruddering.** The kayak to be paddled up to a good speed, then kept running in a straight line through a narrow gap by the use of a trailing paddle.
7. **Turning.** The kayak to be turned whilst on the move using firstly a series of sweep strokes, secondly a low brace turn. For the low brace turn, the turn is to be induced by a short effective sweep on the opposite side followed by a good edge into the turn; the