

## BCU Three Star Sea Kayak Syllabus

### Aim

To recognise the level of skill, understanding and knowledge demonstrated (whilst journeying in a sheltered sea environment as part of a led group with winds no more than Force 3) is of the standard of an able improving sea paddler and beyond that of the beginner.

A consistent two star kayak standard of performance is appropriate for anyone starting to work towards the three star sea kayak award.

### Pre-requisites

- Provide evidence of at least 3 different journeys on the sea, of about 3 hours duration ( 8nm) each
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

### Craft

A closed cockpit kayak suitable for journeying on the sea.

### Equipment

Personal equipment carried by an able improving sea paddler and appropriate to the conditions and the remit of the award.

### Assessment Venue

The assessment will take place during a suitable sea journey, with wind up to and including Force 3, sea State 3.

### Assessor

BCU UKCC Level 3 Coach (Sea) or higher

or

BCU Level 3 Coach (Sea) with specific orientation or existing BCU level 3 or higher with A1\* or above.

Ratio 1:6

The candidate is required to perform all skills on both sides.  
If the kayak is fitted with a rudder, it must be disabled for the duration of the assessment.

**Part A – Personal Paddling Skills**

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Reverse paddling , stopping
- A.4 Maintaining Direction
- A.5 Changing Direction,
- A.6 Moving Sideways,
- A.7 Supporting,
- A.8 Rolling
- A.9 Securing

**Part B – Rescue Skills**

- B.1 Deep-water rescue
- B.2 Contact tows and use of towline
- B.3 Eskimo Rescue

**Part C – Safety, Leadership & Group Skills**

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle as part of a led group

**Part D – Theory**

- D.1 Equipment
- D.2 Sea Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General knowledge
- D.10 Navigation