

THE RAINBOW BADGE SCHEME

NB - These awards are not available in England

The BCU acknowledges with thanks the work of the Scottish Canoe Association Coaching Committee in devising these awards.

Who are they For?

The British Canoe Union Rainbow Badges have been introduced to cater for the growing numbers of primary school age children who are taking up the sport of canoeing, to help them to develop their skills in a safe and progressive manner.

How many are there?

There are seven badges, each identified by a colour of the Rainbow.

How hard are they?

The initial Red badge is designed to be within the reach of most youngsters after their first canoeing session. Taking part and making an effort are really all that is required. The Red badge should be attainable by a non-swimmer who shows some water confidence and who is willing to capsized and be rescued. It should be a lot of fun and leave young people wanting to do more.

The emphasis throughout the scheme is on improving paddling and safety skills and developing confidence and self-reliance through journeying. By participating in and completing all seven levels a young person will build up valuable experience of canoe sport and should be a safe and competent paddler.

How does the Badge Scheme work?

Achievements are recorded on a record card which the youngster retains. The record card details the skills which the holder is expected to achieve to be successful at each level. Cards are issued free of charge by the Coach at the first canoeing session. When all skills listed under the Red Badge are completed and countersigned by the Assessor, the young person is entitled to buy a colourful Rainbow Badge. When each subsequent section is completed strip badges of the appropriate colour can be purchased to add to the first Rainbow Badge.

NB: Rainbow Badges CANNOT be used as entry to any of the BCU Coaching Awards.

For the Guidance of Assessors

What qualification do I need to hold, to test for Rainbow Badges?

Red Badge:	Level 1 Kayak Coach or Level 2 Trainee Kayak Coach
Yellow to Blue Badge - Skills:	Level 2 Kayak Coach
Yellow to Blue - Journeys:	Level 2 Kayak Coach or above appropriate to the type of journey and grade of water paddled.

Do I need to test them in any particular order?

Strokes and techniques in the Rainbow Badge Scheme can be signed up in any order, so a youngster who displays a talent for a particular manoeuvre can get the appropriate section at several levels signed up at the one session. The youngster does not need to have completed the previous Badge level to get a skill at one of the higher levels signed up.

How well do the skills have to be performed?

The standard is indicated on the Record Cards. Youngsters should be permitted as many attempts as is practical to get to the required level. Assessors should take every opportunity to coach and encourage youngsters to attain the level during the period of the test. Formal assessment should not be necessary as there are no pass or fail elements. If the youngster performs the skills to the required standard during a coaching session or journey then the appropriate section can be signed as completed.





The journeying elements at each badge level must be completed and signed up in order. For example, if the youngster paddles 5 km on their first journey then the Yellow Badge 2 km is signed up, and other journeys of 5 km must be completed for the Pink Badge.

Journeys may be undertaken in any type of kayak or canoe provided it is suitable for the water to be paddled. Where possible trips should be undertaken on different stretches of water.

There is no reason why the Red Badge cannot be completed in a swimming pool if this is all that is available. Two one-hour sessions are acceptable. Likewise for the Yellow Badge, two half-day sessions of around two hours can be signed up as one day. Canoeing sessions and journeys completed prior to joining the Rainbow Badge Scheme can be signed up provided satisfactory evidence is produced.

For the Orange and Blue Badges any competition is acceptable - slalom, white-water race, sprint marathon, rodeo, polo, etc.

THEORY QUESTIONS

The questions for each award can be asked to the whole group and used as a learning experience with the answers given if unknown. Sample questions which indicate the range of knowledge required at each level are shown for each syllabus.

RED AWARD

- 1 Take part in an introductory kayak session of 2 hours minimum
- 2 Know how to hold paddle correctly and understand the use of the control hand.
- 3 Have been taught and tried to do the following:
 - a Turn the kayak using sweep strokes
 - b How to paddle forwards
 - c How to paddle backwards
 - d How to stop in both directions
 - e How to get in and out of kayak with the kayak floating and paddle within reach
- 4 In a raft swap places with another paddler without getting wet
- 5 Capsize (without spraydeck) and be rescued by your coach
- 6 Answer questions on personal dress for kayaking:
 - a Why are several thin layers of clothing better than one thick layer ?
 - b What sort of footwear should you wear for kayaking and why ?
 - c Why is a windproof anorak important ?

YELLOW AWARD

- 1 Three one day kayak sessions (4 hours min) or equivalent. One to include a journey of no less than 2 kilometres.
- 2 Launch kayak and get into it with kayak afloat and paddle within reach.
- 3 Forward paddle a circuit of 100 metres to include controlled turns to left and right
- 4 Paddle backwards - rotation of trunk and looking behind must be in evidence.
- 5 Stop in both directions - reverse motion to be evident after 4 paddle strokes.
- 6 Forward sweep stroke to turn in large circle. Paddle blade covered. Full arm extension
- 7 Forward and reverse sweep strokes to turn kayak on the spot. Body should turn to place paddle at stern of kayak. Good full arm extension.
- 8 Capsize 20 metres from shore showing no sign of panic. Keep hold of kayak throughout and swim to retrieve paddle. Swim ashore. With help empty kayak.
- 9 Answer questions on equipment and safety.
 - a On capsize, what is the most important thing to do once out of your kayak ?
 - b What fittings should a kayak always have ?
 - c When should you wear a safety helmet ?

PINK AWARD

- 1 Complete 2 journeys of no less than 5 kilometres
- 2 Low and high support strokes - off balance but water not necessarily over cockpit rim.
- 3 Draw stroke to move sideways with push / pull action in evidence. Stern/bow swing acceptable
- 4 Tilt kayak by lifting knee to assist turning whilst forward paddling only



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- 5 Stern rudder - with good forward movement blade inserted well back to stern and an attempt made to keep kayak running in straight line.
- 6 Whilst afloat get legs out of kayak and sit on stern deck to paddle 25 metres. Get back into kayak whilst still afloat - no help allowed.
- 7 Perform capsize drill on the move with spraydeck in place. Retain hold of kayak throughout, swim to get paddle. Be rescued by Coach. Must show no panic.
- 8 Answer questions on the effect of weather:
 - a Why is it important to put sun cream on when it is a bright day but not hot and sunny ?
 - b When it is windy should you paddle up or down wind at the start of the trip and why.
 - c Why is an offshore wind dangerous ?

GREEN AWARD

- 1 Complete 2 day trips of 8 kilometres minimum. Carry and keep dry own packed lunch, flask and spare clothing.
- 2 Demonstrate good forward and reverse paddling.
- 3 Draw stroke - Top hand high, blade well covered. Kayak to keep straight line sideways. Perform on both sides.
- 4 Low brace turn - Turn induced by applying sweep on opposite side followed by strong lean into turn. Perform both sides.
- 5 Beginnings of sculling for support and draw both sides. Slight lean on scull for support not necessarily off balance.
- 6 Support strokes high and low - both sides - water to reach paddlers waist.
- 7 Hip flick - tilt kayak off balance and return to upright whilst holding on to bow of another kayak.
- 8 Balance - stand up in kayak and paddle 10 metres
- 9 Answer questions on environment and country code:
 - a Why is it important for canoeists not to drop litter ?
 - b Give four examples of the country code and how canoeists can help to keep to them.
 - c Give four examples of the Canoeists Code of Conduct

ORANGE AWARD

- 1 Complete one of the following:
 - i Take part in a Competition at Novice Level
 - ii River trip grade I/II (minimum 2 hours paddling)
 - iii Surfing session (minimum 2 hours paddling)
- 2 Sculling draw both sides - top hand high, blade well covered. Kayak to keep straight line sideways.
- 3 Stern rudder to keep kayak running on straight course.
- 4 Use of sweep stroke to alter course whilst forward paddling without loss of control or momentum.
- 5 Eskimo rescue - confident capsize and banging on hull. Rescuer moving in from 5 metres distance. A first time recovery must follow. Candidate to be both patient and rescuer.
- 6 Get out of kayak in deep water keeping kayak upright and then climb back in again unaided.
- 7 Answer questions on first aid:
 - a What do you do for someone suffering from cold ?
 - b How would you treat a badly bleeding hand ?
 - c How would you treat an unconscious, breathing patient ?

PURPLE AWARD

- 1 Complete one of the following different from previous award:
 - i Take part in a Competition at Novice Level
 - ii River trip grade I/II (minimum 2 hours paddling)
 - iii Surfing session (minimum 2 hours paddling)
- 2 Sculling for support on both sides. Kayak off balance, water to reach paddlers waist.
- 3 Bow rudder - an effective 180 turn - both sides
- 4 High and low recovery strokes - Kayak completely off balance.
- 5 Rescue another paddler from deep water and put them back in their kayak with help if required.





- 6 With a partner swap kayaks whilst afloat in deep water - no other help allowed.
- 7 Draw stroke - An effective pulling of the kayak sideways from its course without turning the kayak, performed on the move - both sides.
- 8 Answer questions on safety and knowledge of water relevant to the type of paddling undertaken - sea, river, surf or competition:

Sea questions

- a What causes tides ?
- b What is the effect of wind against tides ?
- c What is a spring tide ?

River questions

- a What is an eddy ?
- b How are the rivers graded ?
- c What is meant by spate ?

Surf questions

- a What is a rip current ?
- b What should you do if collision with another paddler is imminent ?
- c What is a dumping wave ?

Competition Questions:

Give questions on rules and safety relevant to the event chosen.

BLUE AWARD

- 1 Experience paddling a variety of kayaks and canoes (at least 3 different designs) and understand the design features of each.
- 2 Complete a day trip of no less than 10 kilometres. Carry gear which must remain in place and dry during capsize and exit from kayak. Kit: packed lunch, hot drink, spare clothes, wool hat and spare food.
- 3 Single handed rescue of another paddler returning them to their kayak in deep water. Patient may assist as instructed by candidate.
- 4 Good solid hanging support strokes on the move followed by forward paddling - both sides.
- 5 Perform an eskimo roll.
- 6 Tie the following knots: - Round turn and two half hitches, clove hitch and figure 8 knot.
- 7 Answer questions on different disciplines of canoeing and boat design:
 - a What is slalom ?
 - b What team game is played in a swimming pool ?
 - c Why has a white water racing kayak got a winged design ?