

# BCU 1 Star Syllabus

## Aim

The BCU 1 Star is a clear stepping-stone to becoming a paddler. Designed as a basic award, the 1 Star is the level people would typically reach after an introductory course of 6 hours quality water time.

## Prerequisites

Candidates must be water confident, and ideally should be able to swim (this is desirable but not essential). If under 14 the BCU Paddlepower program may be more appropriate.

## Craft

This award can be taken in any type of paddlesport craft, including:

- Solo and crew boats of all descriptions
- All competition craft
- Sit-on-tops
- Stand up paddle boards

## Assessor

Any updated BCU Coach.

## Assessment Venue

A very sheltered or sheltered water venue.

## Related BCU Policies

- See 'BCU Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities
- See 'BCU Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a BCU Star Award

## Useful Information

Please refer to the BCU 1 Star Training and Assessment Notes and the BCU Star Award Guidance Notes for further information.

## Technical Syllabus

### Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching
- A.2 Forward paddling over a distance of 100m
- A.3 Steering and controlling
- A.4 Return to the bank and get out

### Part B – Rescue Skills

- B.1 Capsize the craft and be rescued or swim to the shore (whichever is most appropriate to the craft and conditions)
- B.2 Emptying boats

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

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Provide evidence of 1 journey of about 1 hour (3 km) duration (this could take place during the assessment)

### Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Wellbeing, health and first aid
- D.4 Access
- D.5 Environment
- D.6 General

