

## **Brief Synopsis of Courses**

### **Paddlepower Passport requirements (Scout Canoeist Badge)**

Can be gained in any kind of canoe- we will be using kayaks but you may get a chance to also try open canoes. The course will cover -

Fitting a buoyancy aid, warm up and down, forward and backward paddling, stopping, rotating, moving sideways and turning, embarking and disembarking, capsize drill., safety of self and others, 2 km paddle (not all at once), attend at least 6 sessions, canoeist code, handling boats and equipment, health and fitness.

Some of the theory will be covered by questionnaires to take home and complete

### **Paddlepower Discoverer requirements**

Water safety, warm up and down, controlled forward and backward paddling, stopping, rotating, moving sideways and turning, embarking and disembarking, rescuing another canoeist, capsize recovery, safety of self and others, **6km paddle (journey)**, attend 25 hrs canoeing in total, canoeist code, care of boats and equipment, care of the environment, health and fitness

Some of the theory will be covered by questionnaires to take home and complete

### **BCU 1 star requirements**

Can be gained in any kind of canoe- we will be using kayaks but you may get a chance to also try open canoes. The course will cover -

Paddling skills: Lifting, carrying and launching; forward and reverse paddling, steering and controlling and returning to bank to disembark;

Rescue skills: Capsize drill and emptying boats,

Safety, Leadership

and Group skills: Personal risk management, awareness of others and a 1 hour journey.

Theory: Equipment; safety; First Aid; access; environment; general

### **BCU 2 star requirements (Explorer Water Activities Badge)**

Experience of 2 different types of boat- closed cockpit kayak and open canoe

Paddling skills: Forward and reverse paddling, stopping, moving sideways, ruddering and turning the boat, entering and leaving boat. **2 hour journey**

Rescue skills: Preventing capsize, Deep water rescues

Safety, Leadership

and Group skills: Securing boats

Theory: As 1 star, plus journey planning and group awareness