



1 Star Passport



The 1 Star award is a clear stepping stone to becoming a paddler. Designed as a basic award, the One Star is the level people would typically reach after a five week introductory course and is equivalent to the PaddlePower Passport award. The award encourages safe practice, regard for equipment and others, and having fun. The award is obtained by taking the assessment in any style of kayak or canoe (where assessment is taken by a doubles crew, a variation of bow and stern positions must be demonstrated.) A journey is included on the fourth Tuesday of each course.

Course dates: (Tuesdays)

Course 1: April 21st, April 28th, May 5th, May 12th, May 19th

Course 2: June 2nd, June 9th, June 16th, June 23rd, June 30th

Course 3: July 7th, July 14th, July 21st, July 28th, August 4th

Course 4: August 11th, August 18th, August 25th, Sept 1st, Sept 8th

The syllabus is downloadable from

<http://www.canoe-england.org.uk/media/pdf/One%20Star%20Syllabus.pdf>

The cost of the Thameswey One Stat Passport course is £40.00. The cost covers your water fees at the Lake and kit hire, and the cost of the certificate.

Pre-booking is essential, it allows us to ensure that we can accommodate you. Please book through Rachel@thameswey.co.uk

Paul Gibson
Training Officer

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