



2 Star Discover



This is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water and is equivalent to the PaddlePower Discover award. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding of how the paddle, boat and water interact. The award is obtained by taking the assessment in both a kayak and a canoe (where the assessment is taken by a doubles crew, each person must perform each task from both the bow and the stern.) Evidence of two journeys of about 2 hours (6 km) duration is required.

The assessment is made up of three components, an assessment of skills in both kayak and canoe, and an assessment of the candidates planning and execution of a journey.

Course dates: (Tuesdays)

Course 1: May 5th, May 12th, May 19th, June 2nd, June 9th, June 16th, June 23rd, June 30th, July 7th

Course 2: July 14th, July 21st, July 28th, August 3rd, August 11th, August 18th, August 25th, Sept 1st, Sept 8th

The syllabus is downloadable from

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

The cost of the Thameswey Two Star Discover course is £60.00. This covers the water fees at the lake, kit hire fees 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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