



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 (kayak): April 27th, May 4th, 11th, 18th, and 25th

Course 2 (open canoe): June 8th, 15th, 22nd, 29th, and July 6th

Course 3 (kayak): July 20th, 27th, August 3rd, 10th, and August 17th

Course 4 (kayak): September 7th, 14th, 21st, and 28th (trip to be arranged)

The syllabus is downloadable from

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

Please book through Rachel@thameswey.co.uk

Kevin Cooper
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