



BCU 3 STAR AWARDS



While we do not have courses planned for the 3 star awards we are able to train and assess the 3* kayak and 3* open canoe awards. Both awards require moving water – in the case of 3* kayak, Grade 2, so it has been decided not to offer courses for these two awards until later in the year. Evidence requirements differ. The 3* kayak award requires evidence of having paddled on Grade 2 water, in addition three journeys of flat water and three journeys on moving water with stretches of grade 2, all these journeys should be about 3 hours (10 km) duration. The 3* open canoe award requires three journeys, one of which should be in an open water environment (large lake or coastal water), all these journeys should be about 3 hours (10 km) duration. You can start logging these journeys at any time.

The syllabus is downloadable from
3 star kayak

<http://www.canoe-england.org.uk/media/pdf/3%20Star%20WW%20Syllabus.pdf>

3 star open canoe

<http://www.canoe-england.org.uk/media/pdf/3%20star%20oc%20syllabus.pdf>

Please register your interest in the Three Star awards by e-mailing me with the following information:

Name

Email address

Telephone number

Age (if under 18)

Award

Details of previous paddling experience

Whether you are providing your own boat and paddle.

Kevin Cooper

Training Officer

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