



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: April 13th, 20th, 27th, May 4th, 11th, 18th, 25th, June 8th, 15th, and 22nd

Course 2: June 8th, 15th, 22nd, 29th, July 6th, 13th, 20th, 27th, Aug 3rd, and 10th

Course 3: July 27th, Aug 3rd, 10th, 17th, 24th, 31st, Sept 7th, 14th, 21st, and 28th

The syllabus is downloadable from

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

Please book through Rachel@thameswey.co.uk

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