

Junior Canoe Safety Test

Pre-requisites

BCU 1 Star Test
Be able to swim 25m.

Validity

3 years or until the holder is 16 years of age, whichever is sooner.

Purpose of Award

This award is aimed primarily at paddlers under 14 years of age and has two purposes. Firstly, to provide a young paddler with the necessary safety awareness which will enable them to ensure the safety of themselves and others. Secondly, to provide a young paddler with rescue skills which can be used to help themselves and/or others in difficulty.

Structure

The syllabus consists of three training modules and an assessment. It is expected that the training modules will take approximately 3 hours to complete and the assessment will take approximately 1 hour with a single candidate. All four parts may be taken in a single day or separately over a period of 6 months. In the latter case, a suitably qualified trainer must sign the candidate's logbook for each module.

The training modules are mandatory and must be completed before the assessment. However, the training modules do not need to be repeated for renewal of an award that is still current.

Trainer/Assessor

A Canoe Lifeguard Trainer or a Canoeing Safety Test Assessor can train and assess up to 8 candidates. A Level 2 Coach (Instructor) who has held the qualification for three years or more, or a holder of a higher award, can be appointed as a Canoeing Safety Test Assessor after they have directed each of the training modules and an assessment under the supervision of one or more qualified assessors. A CST Assessors Logbook should be obtained from the BCU office for this purpose. Assessors must hold a current first aid certificate that involved a minimum of 8 hours training and included CPR and Expired Air Ventilation. Assessors may conduct the test for any craft for which they hold the 3 Star Test.

Venue

Assessments should be conducted on placid water, grade 1 rivers, and sheltered coastal waters or similar. Assessments can also be conducted in swimming pools, although it is recommended that at least some of the training takes place in an outdoor environment.

Syllabus

This award is generic and may be taken in any open cockpit kayak, closed cockpit kayak or open canoe. Where there are specific requirements for candidates in open cockpit kayaks, closed cockpit kayaks or open canoes, this is indicated using the abbreviations OCK, CCK and CN, respectively. However, for brevity the syllabus often uses the terms canoeist and

canoeing generically. Similarly, references to buoyancy aids can be taken to also include lifejackets.

1. General Theory and Skills

- a. The safety features of canoes/kayaks, buoyancy aids, and other canoeing clothing and equipment.
- b. The hazards that may be encountered on placid water, grade 1 water, and/or sheltered coastal waters or estuaries.
- c. The effects on paddling and paddlers of different weather conditions, e.g. rain, wind, fog, etc. In particular, the effects on the paddler of sudden immersion in cold water and/or prolonged exposure to the cold, precautions which will reduce those effects, and what to do if someone becomes dangerously cold.
- d. The uses of simple signals for; come to me, go left, go right, stop, go back and acknowledge.
- e. How to handle a basic canoeing emergency, including the safety of the rescuer(s) and how to summon help.
- f. The various services and assistance which could be called on during an incident.
- g. Good lifting techniques. This includes not only emptying boats in deep water, but also safe handling of craft on land, for example, onto a roof rack. (See BCU Guidelines)
- h. The value of holding a first aid certificate and where one can be obtained.

2. Lifesaving

- a. How to coach a swimmer in difficulty to shore. How to perform a safe reaching rescue, using either a rigid or non rigid aid. Throwing a buoyant object to a casualty. WAding to get nearer to a casualty.
- b. How to correctly pack a throwline into its bag and then use it to execute a throwline rescue over a distance of 10m with sufficient accuracy to land within reach of a casualty.
- c. How to coil an unpacked throwline and then use it to execute a throwline rescue over a distance of 10m with sufficient accuracy to land within reach of a casualty.
- d. How to Safely approach a struggling swimmer when paddling. How to effectively transport a casualty using various techniques such as the bow tow, and stern tow and the suitability of these techniques in different situations.

3. Canoe/Kayak Rescue Skills

- a. Deep water rescue techniques for dealing with a capsized canoe/kayak with assistance, including returning the casualty to their craft and the suitability of a variety of rescue techniques for different situations.
- b. Exiting the canoe/kayak in deep water, leaving it upright and without losing contact, and re-entering without assistance.
- c. An introduction to towing systems and alternative methods of getting a tired canoeist to land with their craft. Effective release of a towing system in an emergency.

4. Assessment

Candidates must present themselves suitably equipped for the assessment and normal canoeing kit should be worn throughout the practical parts of the assessment.

4.1 Theory

a. Answer a selection of questions to show an understanding of the theory covered by the training modules.

4.2 Practical

b. Demonstrate a throwline rescue of a struggling swimmer in deep water over a distance of 7m. There is a time limit of 90 seconds for the throwline to land within reach of the casualty, but there is no limit to the number of attempts allowed within that period.

c. With the assistance of another paddler (of a similar standard), demonstrate a deep-water rescue of a capsized craft, placing the casualty back in their craft.

d. Capsize the kayak, retaining all equipment. Swim the upturned kayak, etc. 25m to shore.
(CN only) Capsize the canoe, retaining all equipment. Paddle the canoe 25m to shore.

4.3 Unknown Incidents

e. Deal with a simple canoeing incident involving one casualty.