

Shrewsbury Canoe Club- glossary of terms

This glossary is provided to clarify the meaning of terms which may be used by paddle leaders during the process of setting up activities. The terms and definitions are taken from current BCU (British Canoe Union) publications.

Section

- 1a) **COACHING QUALIFICATIONS**
- 1b) **LEADERSHIP QUALIFICATIONS**
- 2) **PERSONAL PADDLING QUALIFICATIONS**
- 3) **DEFINITIONS OF PADDLING ENVIRONMENTS**

1a) COACHING QUALIFICATIONS

UKCC Level 1 Remit

The Level 1 Coach can:

- i) Run taster sessions
- ii) Assist higher level coaches
- iii) Coach paddlers in a variety of craft
- iv) Assess BCU Performance Awards

The Home Nation Associations are able to provide advice regarding the appropriate deployment of Level 1 Coaches. The responsibility for being appropriately deployed needs always to lie with someone more qualified.

i) **Running taster sessions**

In certain circumstances, a Level 1 coach will be able to run taster sessions without direct supervision. A supervising Coach / deployer will need to identify and define appropriate sheltered water conditions, provide session guidelines and induction into the site specific operating procedures.

ii) **Assisting higher level coaches**

A Level 1 Coach is trained and assessed to plan, deliver and review short coaching sessions; normally under direct supervision. Whilst under direct supervision there is no restriction as to who can be assisted. This will be dependent upon a range of circumstances such as the coach's personal experience, the venue, coaching group, and the coach's area of personal interest. The Level 1 coach can decide to coach any of the competitive and noncompetitive disciplines at any level. The supervising Coach (who must be qualified to coach in the particular environment) will be responsible for making sure the Level 1 coach is coaching in appropriate conditions

iii) **Coaching paddlers in a variety of craft**

A Level 1 Coach can coach participants in flat-hulled or straight running, solo or crew canoes and kayaks up to BCU 1 Star and Paddlepower Passport standard. Some Level 1 Coaches with recognised personal experience will be able to do more than this.

iv) **Assessing BCU Performance Awards**

A Level 1 Coach can assess the BCU Paddlesport Start and Paddlepower Start Awards.

UKCC Level 2 Remit

This is a generic award and covers all disciplines. Level 2 coaches will work with paddlers predominantly in the LTPD Foundation Paddle sport Phase.

The Level 2 coach is able to work alone, although would normally be supported by more experienced coaches, delivering sessions safely and effectively. Like the Level 1, this non discipline-specific award is relevant to coaches who wish to coach any paddlesport discipline. Level 2 coaches will work with paddlers predominantly in their first 2-3 years of paddling activity. The Level 2 coach is able to offer guidance and support to the Level 1 Assistant Coach.

- A Level 2 Coach is trained and assessed to plan, deliver and review a series of four coaching sessions, for paddlers who fall into the LTPD paddlesport start and/or development stage
- The BCU (UKCC) level 2 coach can operate in a sheltered water environment with any canoe sport craft with a ratio of 1:8 (see BCU definitions)
Before being qualified to coach and lead in moderate water conditions, the Level 2 coach must get a Level 2 Moderate Water Endorsement as per the BCU Terms of Reference
- The BCU (UKCC) Level 2 coach can train and assess paddlers for the BCU 1 and 2 star, Paddle Power 1 and 2, X-stream challenge.

Although the following coaching qualifications have been superceded by the UKCC coaching structure, many of the club's coaches hold these remits, which are still accepted by BCU

Old Level 2 Remit

This is a qualification for those wishing to introduce others to canoeing on simple waters only (or equivalent very sheltered coastal areas) in either canoes or kayaks. It is an indication of a level of competence for introducing groups (normally up to 8) to basic flatwater skills, such as those covered in the BCU 2 star syllabus. Sheltered water is a canal, small lake, sheltered area of larger lake or quiet river, not involving the shooting of weirs or grade II rapids. The award is granted for either canoe or kayak, depending on the candidate's previous experience and the craft used during the assessment.

A BCU Level 2 coach can assess the BCU 1 star and Paddlesport Start awards after registering with Canoe Wales to do so. A BCU Level 2 with either a new 2 star award or old 2 star awards in both canoe and kayak can also assess the BCU 2 star award.

Old Level 3 Remit

LEVEL 3 KAYAK COACH.

Level 3 Coach is the correct grade for a person to be in charge of kayaking activities for a club or school which includes expeditioning and/or white water Grade II and can assess 1, 2 and 3 star awards (to assess the new 2 star award you must also hold 2 star in canoe or the new 2 star).

LEVEL 3 CANOE COACH

Level 3 Canoe Coach is the correct grade for a person to be in charge of canoeing activities for a club or school which includes expeditioning and/or white water Grade II. Testing for Star Tests is as outlined within the personal performance awards section of the Awards Coaching Directory.

LEVEL 3 SEA COACH

Level 3 Sea Coach is the correct grade for a person to be in charge of canoeing activities for a club or school which includes expeditioning on the open sea (including surfing). Testing for Star Tests is as outlined within the personal performance awards section of the Awards Coaching Directory. Coaches wishing to run specific Surf Coaching sessions need to be qualified to Level 3 surf standard. Level 3 Sea Coaches are judged to be qualified to run launching and landing in surf condition sessions only.

1b) LEADERSHIP QUALIFICATIONS

The following BCU 4 and 5 Star Leader Awards are leadership and not coaching awards. They are not suitable for introducing beginners to the sport.

BCU 4 Star Leader

Successful performance at this level indicates that a paddler has the discipline-specific skill level required in a

White Water environment

to lead a group of 4 competent* paddlers in appropriate locations, up to "moderate conditions" (for white water this is grade 2 with some elements of grade 3). The holder of this award has the ability to judge the conditions and the standard of the group to make appropriate decisions, understanding the need to modify plans when required. The award can be taken in any white water spec kayak or canoe that is suitable for such conditions.

Sea environment

to lead a group of 4 competent* (not including themselves) paddlers, on short (six to eight miles, of at least three hours paddling) journeys in moderate tidal water environment with winds not exceeding force 4/Sea State 4. The holder of this award has the ability to judge the conditions and the standard of the group and make appropriate decisions about the planned route along with the need to modify plans as required.

*Competent = Paddlers who do not require coaching to be in/on that environment.

Open Canoe context

to lead a group of 6 competent* paddlers (not including themselves), or as determined by deployer (e.g. centre or club) operating procedures, in appropriate locations, up to moderate conditions**. The emphasis is on the application of strokes to achieve suitable

techniques and boat control in real situations and the candidate's ability to judge the conditions, the standard of the group and make appropriate decisions about the planned journey along with the need to modify plans as required.

*Competent = Minimum 2 Star level competence determined by the 4 Star Leader appropriate to the proposed trip or journey.

** Moderate Water for Open Canoe is on rivers of grade 2 and on open water with winds up to force 4.

Surf environment

Successful performance at this level indicates that the candidate has sufficient personal skills and the ability to manage a group of Surf paddlers and to judge the conditions and the standard of the group and make appropriate decisions. The emphasis is on the application of skills in a surf environment, requiring the paddler to perform appropriate and effective manoeuvres in moderate surf.

The 4 Star Leader Surf Paddler is assessed managing a group of paddlers with a ratio of 1 to 4 in moderate surf environments.

BCU 5 Star Leader

Successful performance at this level indicates that a paddler is at the top level of performance, involving a high level of personal skill and leadership in advanced situations.

White Water

The appropriate award for paddlers who wish to lead groups of up to 4 paddlers in advanced white water scenarios in suitable white water kayaks. The five star leader has the skills and judgment to select appropriate river trips for paddlers with a range of experience.

Sea

The appropriate award for paddlers who wish to lead groups of other paddlers in appropriate locations in advanced tidal waters and in dynamic weather conditions typified by the climate of the British Isles. The BCU Five Star Leader has the skills and judgment to select appropriate trips for a range of ability levels.

Open Canoe

The appropriate award for paddlers who wish to lead groups of up to 4 paddlers on advanced river journeys and on remote, exposed open waters in open canoe. The five star leader has the skills and judgment to select appropriate trips for paddlers with a range of experience.

2 PERSONAL PADDLING QUALIFICATIONS

The **BCU One Star** is a flat water award that demonstrates an individual has basic boat control and foundation skills. The one star can be taken in any kind of paddlesport craft (e.g. sit-on-top, slalom C2, polo boat, sea kayak, racing canoe etc.)

The **BCU Two Star** is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact.

BCU Three Star level indicates that a candidate can consider themselves an intermediate paddler rather than a beginner. This is a discipline- specific award in **Sea Kayak, Surf, Open Canoe, White Water Kayak or Flat Water Kayak** and some of the competitive disciplines. The three star paddler will be a competent performer in sheltered to moderate water environments and have the ability to paddle unsupervised, with similar standard paddlers on sheltered water.

BCU Three Star Sea Kayak

3* sea paddlers are at the standard of an able improving sea paddler and beyond that of the beginner, demonstrating the required level of skill, understanding, and knowledge whilst journeying in a moderate tidal environment as part of a led group with winds no more than Force 4

BCU Three Star White Water

3* WW paddlers can consider themselves as intermediate kayakers, being able to paddle on moving waters in a competent way as part of a led group, and have the knowledge and ability to help the smooth running of a trip while being led down a section of grade 2 river.

BCU Three Star Open Canoe

3* Open boaters can consider themselves as intermediate canoe paddlers rather than beginners. They will have demonstrated personal competence in paddling open water in wind conditions of Force 2-3 and on simple moving water as part of a led group.

BCU Three Star Surf

3* surf paddlers are competent to cope with UK surf conditions across a range of beaches and varying tidal conditions, demonstrating these skills in small friendly surf around a foot high with winds light enough not to seriously affect the wave or the paddler.

3 Environment Definitions

Very Sheltered Water:

Quiet canals with easy bankside access and egress; small lakes, which are not large enough, and do not have difficult landing areas for problems to occur if there is a sudden change in conditions; specified sites on gentle, slow moving rivers. The definition implies weather conditions which are not in themselves likely to cause problems. Care must be exercised when water temperatures are low. At any point the paddler will not be >50 metres from the bank

Sheltered Inland Water: Flat water rivers, faster flowing, but not involving the shooting

of, or playing on weirs or running rapids. Discretion and commonsense must apply when considering the use of lakes/lochs. To operate further than 200 metres from shore on a large lake can be a serious undertaking. To paddle in offshore breezes on large lakes requires the same degree of caution as for the sea. Water temperature (especially in Scottish lochs) must always be a consideration. Suitable lagoons or sections of sheltered bays of larger lakes can sometimes be designated "Sheltered" or even "Very Sheltered" water by careful and sensible selection. The definition implies normal conditions. Care must be exercised when water temperatures are low.

Sheltered Tidal Water/Sea: Small enclosed bays, where there is minimal possibility of being blown offshore; enclosed harbours, where there is minimal possibility of being blown offshore; defined beaches (a short section of beach with easy landing throughout, no tide races or overfalls beyond the beach), in conditions in which swimmers and beach craft could be happily, operating winds not above force 3 (force 2 if offshore when greatest of caution must be exercised); the upper reaches of some suitable, slow moving estuaries during Neap tides. In all cases the wind and weather conditions must be favourable.

Moderate Inland Water: Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.

Moderate White Water: Grade 2 white water or equivalent weirs. (This is extended to Grade 2(3) when using whitewater spec Kayaks).

Moderate Tidal Water/Sea: The definition involves: A stretch of coastline or estuary in close proximity to the shore, with available landings at every 1-2 miles / 1 hour and areas where it is not easy to land. Up to a maximum of 2 knots tide but not involving tidal races or overfalls, winds not above force 4 Beaufort sea state 4 (if offshore the greatest of caution must be exercised), or the upper reaches of some estuaries; launching and landing through moderate surf.

Moderate Surf: Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). An area of beach must be marked out to contain the group and prevent any loss of communication. The area selected must not interfere with other beach users – swimmers and surfers in particular; small to moderate waves – 3 feet maximum. Measurement of surf; The "surfers" measurement is used throughout both this document and the BCU awards in surf. This is also used by surf forecasts obtained from telephone surf lines, the internet or wave buoys. It is in feet and refers to the ride-able mid section of the wave, not the peak to trough height. As a bench mark "4 feet " is head height for a board surfer and on an average British beach break would provide conditions only suitable for the most experienced and capable kayak surfer. A swell of 6 inches to 1 foot is both appropriate and more than adequate for any novice group. Intermediate kayak surfers would find 2 feet of surf more than suitable for a learning experience.

Wave Character; The physical height of a wave is only part of the picture. The following factors all individually have a profound effect on a wave but combined can change swell

dramatically; wind direction and strength; beach shape; type of break; height and state of tide; swell character (age, period, speed). All of these contrive to make 1 foot of swell a potentially serious and dangerous environment to take inexperienced client groups into.

Advanced Inland Water: Large areas of open water which exceed moderate water and have winds in excess of force 4.

Advanced White Water: Grade 3 white water for canoe. Grade 3 to 4(5) for kayak.

Advanced Tidal Water/Sea: Any journey on the sea where tidal races, overfalls or open crossings may be encountered, which cannot be avoided; Sections of coastline where landings may not be possible or difficult; difficult sea states and /or stronger winds (force 4 or above), launching and landing through moderate surf.

Advanced Surf: The surfing of reefs, points and offshore features; surfing from beaches where the surf height exceeds 3 feet or where stronger winds, cold conditions, rips, long shore drift, rocks or other potential hazards are involved.

Definition of River Grades:

The International river classification of difficulty is used for white water grades (see below), with brackets used as per many modern guidebooks.

Grade 1: Long sections of regular moving water, with minor rapids and/or regular [waves](#). Any obstructions should be noticeable and easily avoided, and navigation should generally be clear.

Grade 2: Free passage. Irregular stream, irregular waves. Medium rapids, small stoppers, eddies, whirlpools and pressure areas

Grade 3: Route recognisable. High irregular waves. Larger rapids. Stoppers, eddies, whirlpools and pressure areas. Isolated boulders, (small) drops and numerous obstructions in stream

Grade 4: Route not always recognisable. Heavy continuous rapids. Heavy stoppers, whirlpools and pressure areas. Boulders obstructing stream, big with undertow.

Grade 5: Inspection essential. Extreme rapids. Stoppers, whirlpools and pressure areas. Narrow passages, steep gradients and drops with difficult access and landing.

Grade 2(3): The overall standard of the run is grade 2, but there may be a few (normally one or two) grade 3 rapids that can be easily portaged if required.

Grade 4(5): The overall standard of the run is grade 4, but there may be a few (normally one or two) grade 5 rapids that can be easily portaged if required.