

Shrewsbury Canoe Club-Appendix 7 glossary of terms

This glossary explains terms which may be used by paddle leaders when setting up activities. The terms and definitions are taken from BCU/Coaching/Gen/Terms of Reference/V4-1/Aug13)

Contents:

Terms of Reference for Coaches and Leaders

BCU Environmental Definitions and River grades

Personal performance awards (1-3 star)

Discipline/Environment	Recommended Qualifications	Recommended Ratios
General Purpose, Touring and White Water kayaks		
Swimming Pools Very Sheltered Water	BCU Level 1 Inland Kayak (old scheme)	1:8 students
	BCU (UKCC) Level 1 with site specific training and assessment (see below)	
Sheltered Inland Water	BCU Level 2 Inland Kayak (old scheme)	
	BCU (UKCC) Level 1 with site specific training and assessment (see below)	
	BCU (UKCC) Level 2	
	BCU 4 Star Touring Leader Award (to <i>lead</i> only)	
Moderate White Water	BCU Inland Kayak Level 3 (old scheme)	1:6 students
	BCU Moderate Water White Water Endorsement	
	BCU (UKCC) Level 3 White Water	
Moderate Inland Water	BCU 4 Star White Water Leader Award (to <i>lead</i> only)	1:4 paddlers
	BCU Inland Kayak or Placid Water Level 3 (old scheme)	1:6 students
	BCU Moderate Water White Water Endorsement	
	BCU (UKCC) Level 3 White Water	
Advanced White Water Advanced Inland Water	BCU 4 Star White Water Leader Award (to <i>lead</i> only)	1:4 paddlers
	BCU 4 Star Touring Leader Award (to <i>lead</i> only)	
	BCU Inland Kayak Level 3 and 5 Star (old scheme)	1:4 students
BCU Advanced Water White Water Endorsement		
	BCU 5 Star White Water Leader Award (to <i>lead</i> only)	
Open Canoes		
Swimming Pools Very Sheltered Water	BCU Level 1 Open Canoe (old scheme)	1:6 students in open canoes
	BCU (UKCC) Level 1 with site specific training and assessment (see below)	
Sheltered Inland Water	BCU Level 2 Open Canoe (old scheme)	paddled solo 1:12 students when paddling tandems, or crew boats
	BCU (UKCC) Level 1 with site specific training and assessment (see below)	
	BCU (UKCC) Level 2	
	BCU 4 Star Touring Leader Award (to <i>lead</i> only)	
Moderate White	BCU Open Canoe Level 3 (old scheme)	1:5 students

Water	BCU Moderate Water Open Canoe Endorsement	in open canoes paddled solo 1:10 students when paddling tandems, or crew boats
	BCU (UKCC) Level 3 Open Canoe	
	BCU 4 Star Canoe Leader Award (to <i>lead</i> only)	1:4 paddlers in open canoes paddled solo 1:6 paddlers when paddling tandems, or crew boats
Moderate Inland Water	BCU Open Canoe Level 3 (old scheme)	1:5 students in open canoes paddled solo 1:10 students when paddling tandems, or crew boats
	BCU Moderate Water Open Canoe Endorsement	
	BCU (UKCC) Level 3 Open Canoe	
	BCU 4 Star Canoe Leader Award (to <i>lead</i> only)	1:4 paddlers in open canoes paddled solo 1:6 paddlers when paddling tandems, or crew boats
BCU 4 Star Touring Leader Award (to <i>lead</i> only)		
Advanced White Water	BCU Open Canoe Level 3 and 5 Star (old scheme)	1:4 students (solo or tandem)
	BCU Advanced Water White Water Canoe Endorsement	
	BCU 5 Star Canoe Leader Award (to <i>lead</i> only)	
Advanced Inland Water	BCU Open Canoe Level 3 and 5 Star (old scheme)	
	BCU Advanced Water Open Water Canoe Endorsement	
	BCU 5 Star Canoe Leader Award (to <i>lead</i> only)	
Surf		
Moderate Surf	BCU Surf Level 3 (old scheme)	1:6 students
	BCU Moderate Water Surf Endorsement	
	BCU (UKCC) Level 3 Surf	
	BCU 4 Star Surf Leader Award (to <i>lead</i> only)	

Advanced Surf	BCU Surf Level 3 and 5 Star (old scheme)	1:4 students
	BCU Advanced Water Surf Endorsement	
	BCU 5 Star Surf Leader Award (to <i>lead</i> only)	
Sea		
Sheltered Tidal Water and Sea	BCU Level 2 Inland Kayak (old scheme)	1:8 students
	BCU (UKCC) Level 1 with site specific training and assessment (see p16)	1:6 students in open canoes paddled solo
	BCU (UKCC) Level 2	1:12 students when paddling tandems, or crew boats
	BCU 4 Star Touring or Sea Leader Award (to lead only)	
Moderate Tidal Water/Sea	BCU Sea Level 3 (old scheme)	1:6 students
	BCU Moderate Water Sea Endorsement	
	BCU (UKCC) Level 3 Sea	1:4 paddlers
	BCU 4 Star Sea Leader Award (to lead only)	
Advanced Tidal Water/Sea	BCU Sea Level 3 and 5 Star (old scheme)	1:4 students
	BCU Advanced Water Sea Endorsement	
	BCU 5 Star Sea Leader Award (to lead only)	
Canoe Polo		(Ratios refer to paddlers actually on the water at any one time)
Swimming Pools Very Sheltered Water Sheltered Water	BCU (UKCC) Level 1 with BCU Polo Support Module (working under direct supervision, or at a formally Organized event)	1:8 students (i.e. one team)
	BCU (UKCC) Level 1 plus: • BCU Polo Support Module • Site specific training and assessment	1:16 students (i.e. two teams)
	BCU (UKCC) Level 2 with BCU Polo Support Module	

BCU Environmental Definitions

Where wind strengths or wave heights are mentioned these are as forecast/ as it can be expected they may be encountered during the session/journey.

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 that weather conditions 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 more than 50 metres from the bank.

Sheltered Inland Water Ungraded sections of rivers, faster flowing, but not involving the shooting of, or playing on weirs or running rapids. Areas of open water (e.g. lakes and lochs) that are no more than 200m offshore and in wind strengths that do not exceed Beaufort force 3.

Note: Discretion and common-sense must apply when considering the use of lakes/lochs; to operate up to 200 metres from shore on a large lake can be a serious undertaking. Offshore breezes on large lakes require the same degree of caution as for the sea. Water temperature 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.

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

Advanced Inland Water Large areas of open water which exceed Moderate Inland Water and/or have winds in excess of Beaufort force 4.

Moderate White Water Grade 2 white water or equivalent weirs for canoe. Grade 2(3) for white-water spec kayaks.

Advanced White Water Grade 3 white water for canoe. Rivers up to and including grade 4(5) for kayak.

Sheltered Tidal Water/Sea Small enclosed bays, 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 happily operate, winds not above Beaufort force 3 (Beaufort 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 Tidal Water/Sea A stretch of coastline with available landings every one to two miles or one hour paddling, including areas where it is not easy to land. Crossings not exceeding two nautical miles. Up to 2 knots of tide (but not involving tide races or overfalls). Winds not exceeding Beaufort force 4. Launching and landing through surf (up to 1 metre, trough to crest height).

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 (Beaufort force 4 or above); launching and landing through surf (up to 1.5 metres trough to crest height).

Moderate surf

Area: Sections of sandy beaches free from significant hazard (e.g. rocks and strong rips) and with easy access.

Character: Gentle, sloping and spilling waves, preferably peeling. Not pitching or dumping.

Height: Wave height should be no more than double overhead when seated in a kayak in the trough of the wave (head high for a stand up surfer).

Advanced surf

Area: Reefs, points, offshore breaks and sandy beaches, which may have significant hazards (e.g. rocks, strong rips, etc.) and may be remote and/or have difficult access.

Character: Waves may be powerful, steep, pitching, fast, hollow and heavy.

Height: Up to and above double overhead when seated in a kayak in the trough of a wave (or head high and above for a stand up surfer)

Beaufort wind force scale

The Beaufort scale, which is used in Met Office marine forecasts, is an empirical measure for describing wind intensity based on observed sea conditions.

Specifications and equivalent speeds

Beaufort wind scale	Mean Wind Speed		Limits of wind speed		Wind descriptive terms	Probable wave height in metres*	Probable maximum wave height in metres*	Seastate	Sea descriptive terms
	Knots	ms ⁻¹	Knots	ms ⁻¹					
0	0	0	<1	<1	Calm	-	-	0	Calm (glassy)
1	2	1	1-3	1-2	Light air	0.1	0.1	1	Calm (rippled)
2	5	3	4-6	2-3	Light breeze	0.2	0.3	2	Smooth (wavelets)
3	9	5	7-10	4-5	Gentle breeze	0.6	1.0	3	Slight
4	13	7	11-16	6-8	Moderate breeze	1.0	1.5	3-4	Slight - Moderate
5	19	10	17-21	9-11	Fresh breeze	2.0	2.5	4	Moderate
6	24	12	22-27	11- 14	Strong breeze	3.0	4.0	5	Rough
7	30	15	28-33	14- 17	Near gale	4.0	5.5	5-6	Rough-Very rough
8	37	19	34-40	17- 21	Gale	5.5	7.5	6-7	Very rough - High
9	44	23	41-47	21- 24	Strong gale*	7.0	10.0	7	High
10	52	27	48-55	25- 28	Storm	9.0	12.5	8	Very High
11	60	31	56-63	29- 32	Violent storm	11.5	16.0	8	Very High
12	-	-	64+	33+	Hurricane	14+	-	9	Phenomenal

*

1. These values refer to well-developed wind waves of the open sea.
2. The lag effect between the wind getting up and the sea increasing should be borne in mind.
3. The official term is Strong gale, however, the Met Office uses the descriptive term Severe gale

To convert knots to mph multiply by 1.15, for m/s multiply by 0.514.

River Grades; The International river classification of difficulty is used for white water grades

Ungraded: Rivers that are easier than Grade 1.

Grade 1: Easy moving water with occasional small rapids. Few or no obstacles to negotiate.

Grade 2: Moderate – small rapids featuring regular waves. Some manoeuvring required but easy to navigate.

Grade 3: Difficult – most rapids will have irregular waves and hazards that need avoiding. More difficult manoeuvring will be required but routes are normally obvious. Scouting from shore is occasionally necessary to maintain line of sight.

Grade 4: Very difficult – large rapids that require careful manoeuvring. Dangerous hazards. Scouting from the shore is often necessary and rescue is usually difficult. Kayakers should be able to roll before tackling these rapids. In the event of a mishap there is significant risk of loss, damage and/or injury.

Grade 5: Extremely difficult – long and very violent rapids with severe hazards. Continuous, powerful, confused water makes route-finding difficult and scouting from the shore is essential. Precise manoeuvring is critical and for kayakers, rolling ability needs to be 100%. Rescue is very difficult or impossible and in the event of a mishap there is significant hazard to life.

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 portaged if required

Please note – Manmade artificial courses are normally under the jurisdiction of the facility management but the man-made facilities of Holme Pierrepont, Lee Valley (excluding the Olympic Channel), Teesside and Cardiff can be treated as Moderate White Water.

PERSONAL PADDLING QUALIFICATIONS

The **BCU One Star** is a flat water award that demonstrates an individual has basic boat

control and foundation skills, and which can be taken in any 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.