

## Paddlesport Start Syllabus

### Aim

The British Canoeing Paddlesport Start Award is designed to provide a framework for a paddler's first session. It is very much an encouragement award and can be used by coaches who offer taster sessions, or the first session of a series. It is an adult version of British Canoeing Paddlepower Start. This award will give paddlers an excellent grounding in the fundamentals of paddling. It is designed for all who take part in any form of paddlesport.

### Prerequisites

It is not essential, but it is desirable that all students should be able to swim.

### Craft

This award can be taken in any type of paddlesport craft, including:

- Solo and crew boats of all descriptions
- All competition craft
- Sit-on-tops
- Stand up paddle boards

### Assessor

Any British Canoeing Coach with full Home Nation membership.

### Venue

Any sheltered or very sheltered water venue appropriate for an introductory session.

### Related British Canoeing Policies

See 'Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities.

See 'Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a British Canoeing Star Award.

### Useful Information

Please refer to the British Canoeing Paddlesport Start Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

## Technical Syllabus

### Part A – Personal Paddling Skills

- A.1 Take part in, and understand the importance of a warm-up
- A.2 Get into and out of a boat/craft with help from the bank
- A.3 Balance in/on a boat/craft ready to hold a paddle i.e. showing an active posture
- A.4 Go forwards

Experiment with:

- A.5 Moving the craft backwards
- A.6 Stopping the craft whilst moving forwards
- A.7 Turning the craft
- A.8 Moving the craft sideways
- A.9 Going forwards in a straight line
- A.10 Edging without losing balance

### Part B – Optional Rescue Skills

- B.1 Capsize and be rescued
- B.2 Capsize and self-rescue

### Part C – Theory

- C.1 Know how to put your equipment away
- C.2 Know what is appropriate paddlesport clothing
- C.3 Know the name of your nearest club or centre
- C.4 Know why it is important to wash your hands after paddling
- C.5 Know the meaning of the term 'diet'
- C.6 Know your resting heart rate
- C.7 Know the effects of weather on your paddling
- C.8 Know how to safely stow equipment in/on your craft
- C.9 Know the importance of staying with your craft if there is a capsize