

1 Star Logbook

Part A - Personal Paddling Skills	Comment	Date/sig
<p>A.1 Lift, carry and launch the kayak or canoe. Consider the bank side environment. Safe lifting, variety of methods inc. trailers, using assistance, basic dynamic risk assessment, underfoot conditions, effect of wind etc. Know how to adjust the seat and footrest if appropriate.</p>		
<p>A.2 Forward paddling over a distance of 100m. Work to achieve an upright posture and long stroke, basic body rotation, appropriate paddle grip, use of steering sweep strokes at the back of the boat to maintain direction and looking where you are going. Use other steering solutions while under momentum.</p>		
<p>A.3 Steering and Controlling the boat Be able to demonstrate turns to the left and right with the boat tracking a course and maintaining forward movement. Use a combination of sweeps and forward strokes or a rudder to affect these controlled turns. Understand use of non-drive face when reversing. Reverse paddle over a distance of approximately 5m, to a fixed point Turning the trunk and looking over shoulder(s) must be in evidence, though extreme accuracy is not necessary — approximately 0.5 metre from the buoy would be deemed sufficient. Use short dynamic strokes on alternate sides when stopping; affect a stop within 4 strokes. Stopping both forwards and backwards needs to be proven. Rotate the boat 180 degrees in both directions. Turning the boat using a combination of forward and reverse sweep strokes, body rotation needs to be evident.</p>		
<p>A.4 Return to the bank and get out. Know aspects about the impact on the bank side environment, safe moving & handling, and dynamic risk assessments etc. Know about a controlled and appropriate approach to the bank and various ways to safely get out of the boat.</p>		
Part B - Rescue Skills	Comment	Date/sig
<p>B.1 As appropriate (dependent on craft and conditions) Capsize and be rescued or capsize and swim to the shore. Know the procedure for during and after a capsize. Closed cockpit candidates and/ or if you use spray decks or straps you should aim to use these to perform a full capsize. A calm relaxed exit is required and then carefully collecting the boat and paddle swim on ones back to the shore. A deep water rescue should be also introduced if the style of boat allows it.</p>		
<p>B.2 Emptying boats Know and practice safe lifting and carrying of boats Know a variety of emptying techniques. Knowledge of how to safely empty a swamped boat at the shore should be understood. Do not lift excessive amounts of water.</p>		

Part C – Safety, Leadership & Group Skills	Comment	Date/sig
C.1 Personal risk management		
C.2 Awareness of others		
<p>C.3 Provide evidence of one journey of about 1 hour (3 km) duration (This could take place during the assessment) Have an awareness of your individual responsibilities on the trip, being aware of each other, and bringing problems to the attention of the leader, what to do in the event of a capsize and understanding of basic communications.</p>		
Part D - Theory	Comment	Date/sig
D.1 Equipment D.2 Safety D.3 Hypothermia/First aid D.-4 Access D.5 Environment		

