

## 2 Star Logbook

Part A - Personal Paddling Skills	Comment	Canoe Date/sig	Kayak Date/sig
<p><b>A.1 Lift, carry and launch the kayak and canoe.</b>            You should be introduced to safe moving and handling techniques; avoiding twisting when lifting, keeping load close to body and the importance of working together. Assistance is recommended for safe practice.</p> <ul style="list-style-type: none"> <li>• Understand how and why a footrest, backrest and/or seat should be properly adjusted.</li> <li>• Experience getting into a craft from a variety of shore/ banks, paddle close to hand, but not used. Use spray deck if appropriate.</li> </ul>			
<p><b>A.2 Efficient forward paddling over a distance of approximately 250m.</b>            You should understand the importance of a good upright posture, utilising body rotation from the seat/hips upwards. Be aware of effective paddling by using the major muscles of the body, rather than just the arms, which will generate much more powerful strokes.</p> <ul style="list-style-type: none"> <li>• Create a smooth passage of the boat through the water, only limited use of correction strokes.</li> <li>• When in a canoe understand and use the appropriate trim and provide power and steering element from only one side.</li> </ul>			
<p><b>A.3 Steering the kayak or canoe</b></p> <ul style="list-style-type: none"> <li>• Experience steering solutions including stern sweeps, rudders and J-strokes.</li> </ul> <p>The emphasis to be on learning the effect the paddle has and a fluent application depending on the situation.</p> <ul style="list-style-type: none"> <li>• In a kayak from a good running speed, keep the boat straight through a narrow gap by use of a trailing paddle or rudder. If a boat has a rudder fitted, it should be used as well.</li> <li>• In a canoe paddle a course that is reasonably straight, but requires some gentle turns round some markers, appropriate trim needs to take account of any wind.</li> </ul>			
<p><b>A.4 Manoeuvring and positioning the boat in and out of a confined space.</b></p> <ul style="list-style-type: none"> <li>• Work to manoeuvre and position the boat in a controlled and accurate manner. Reverse to exit.</li> <li>• An ability to control direction is being sought here. Good technique is still important, but accuracy now also becomes an important element.</li> <li>• Experience a variety of situations that require accurate manoeuvring.</li> </ul>			
<p><b>A.5 Moving sideways</b></p> <ul style="list-style-type: none"> <li>• Good body rotation towards the paddle side.</li> <li>• An effective upright paddle with the active blade remaining submerged throughout the stroke.</li> <li>• Experimenting with variety of strokes but understand the requirement for an effective draw stroke. Canoes to also use pry and cross deck draws.</li> <li>• Powerful and balanced strokes using the core muscles and correct posture and ensuring little yawing from side to side.</li> </ul>			
<p><b>A.6 Preventing a capsiz</b></p> <ul style="list-style-type: none"> <li>• Know where the balance point for your craft actually is.</li> <li>• Understand the importance of hip or knee pressure to return boat back to balanced position.</li> <li>• Low brace for recovery. Tandem paddlers use low recovery strokes and draws</li> <li>• High recovery</li> <li>• Sculling for support</li> </ul>			

<p><b>A.7 Turning</b></p> <ul style="list-style-type: none"> <li>• Know a variety of strokes and degrees of edge to achieve a turn. The boat needs to turn efficiently whilst under momentum.</li> <li>• Kayak paddlers need to be familiar with sweeps (forward and reverse), stern/ bow rudders and braces.</li> <li>• Canoe paddlers, with draws and ¼ sweeps, ¼ sweeps and J-strokes for doubles and outside pivots and C-strokes for solo.</li> <li>• Understand the effects of trim in both a kayak and canoe.</li> <li>• Develop strategies for slowing down or speeding up a turn, i.e. slow wide turns and fast short turns of varying degrees.</li> <li>• Understand the concept of looking for future water</li> </ul>			
<p><b>A.8 Return to the bank and get out</b></p> <ul style="list-style-type: none"> <li>• Understand the correct approach to the bank and exit boat without paddle.</li> <li>• Balance and control to be maintained through out.</li> </ul>			
<p><b>A.9 Securing</b></p> <p>Look at basic knots with ropes and effective use of straps particularly when tying boats to a roof rack or trailer.</p>			
<p><b>Part B – Safety &amp; Rescue</b></p>	<p><b>Comment</b></p>	<p><b>Canoe Date/sig</b></p>	<p><b>Kayak Date/sig</b></p>
<p><b>B.1 Self rescue.</b></p> <p>Be able to demonstrate a controlled capsize with no signs of panic. If appropriate spray deck or straps are to be used. Then rescue yourself by either swimming ashore with all your equipment and empty, or by climbing back in and bailing, dependent on style of boat.</p>			
<p><b>B.2 Peer rescue.</b></p> <p>Good lifting and handling techniques must be highlighted. You should cover different ways to effect a deep water rescue eg curl, x rescue, tow/shunt and how a paddler in the water can be useful in the rescue,. You should become comfortable with at least one method of deep water rescue for kayak and for a canoe (different for each).</p>			
<p><b>Part C - Safety, Leadership &amp; Group Skills</b></p>	<p><b>Comment</b></p>	<p><b>Canoe Date/sig</b></p>	<p><b>Kayak Date/sig</b></p>
<p><b>C.1 Personal risk management</b></p>			
<p><b>C.2 Awareness of others</b></p>			
<p><b>C3. An assessed accompanied sheltered water journey</b></p> <ul style="list-style-type: none"> <li>• basic journey planning</li> <li>• use of basic weather information</li> <li>• basic map work</li> <li>• how to keep a group together</li> </ul>			
<p><b>Part D — Theory theoretical understanding of:</b></p>	<p><b>Comment</b></p>	<p><b>Canoe Date/sig</b></p>	<p><b>Kayak Date/sig</b></p>
<p>D.1 Equipment D.2 Safety D.3 Hypothermia/First aid D.4 Access D.5 Environment D.8 Planning</p>			