

Bill's Link-Guide - preparation for the British Canoeing **"Discover" (the old 'One Star' course)** (& a little bit of 'Explore'/Two Star')

Basic Paddling skills1

Clothing Guidance – If in doubt ask !

<https://youtu.be/OfHDnL7USJU?t=2m27s>

1

Lifting, carrying and launching

<https://youtu.be/5rmJTycbQrs>

2

Forward paddling over a distance of 100m

<https://youtu.be/pvi7rllsNRY?t=14>

3

Steering and controlling - turning

<https://youtu.be/TCSvhXcCR74?t=1>

4

Return to the bank and get out

<https://youtu.be/LOaSwKGEExOc?t=24s>

5

Simple support strokes – High & Low Brace

(High) <https://youtu.be/uOsyqt37ILQ?t=22> **(Low)** <https://youtu.be/EnA3biQKbV0>

Rescue Skills

1

Capsize the craft and be rescued or swim to the shore (whichever is most appropriate to the craft and conditions)

<https://youtu.be/cfuKnFomZIA>

2

Emptying boats

<https://youtu.be/92GxrB5ncA4>

Safety, Leadership & Group Skills

1 Personal risk management

2 Awareness of others

3 Provide evidence of 1 journey of about 1 hour
(3 km) duration (this could take place during the assessment)

Theory (see the separate Guide Sheet)

1 Equipment

2 Safety

3 Wellbeing, health and first aid

4 Access

5 Environment

6 General

& for weather/tides/swell etc. use > <http://www.pooleharbourcanooclub.uk/page54.html>