



<b>Responsibility for equipment</b>	Know how to put away a boat and equipment – and help somebody else!	Show how to help put away a boat and equipment – and help others!	Demonstrate responsibility for all equipment you have used. Help others with the boats and equipment.	Demonstrate responsibility for all equipment you have used. Check that it is clean and has been properly put away. Help others with the boats and equipment.	Demonstrate responsibility for all equipment you have used. Check that it is clean, in good repair and has been properly put away. Help others with the boats and equipment.
				Check and look after equipment. Help others.	Know who to tell if there is damage to a boat or other equipment.
<b>Water Confidence</b>	Know how far you can swim with or without an aid.	Explain your preferred swimming stroke/method.	Demonstrate your preferred swimming stroke/method.	Demonstrate swimming on your front and on your back.	Perform a 1 length swim on your front and a 1 length swim on your back.


The highlighted boxes are what the paddler has to tick off on their progress card to achieve the award.

	Do this		Your challenge
	Develop this		Know this



Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Warm Up &amp; Warm Down</b>	Before paddling warm up with a physical activity for a few minutes.	Show a warm up for a few minutes and a simple warm down to finish.	Perform a warm up for a few minutes and demonstrate two parts to it. Warm down.	Week 3	Week 3
		Take part in a whole body warm up.	Warm up thoroughly, and gently warm down.		


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### Week 3

**NOTE: Spray decks are not to be worn in week 3**

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Paddle Selection</b>	Know what a paddle is and what it is for.	Know how to check a paddle for damage e.g. blades loose, sharp bits on shaft, etc.	Identify whether you require a left or right handed paddle – know the difference (feather), and identify the correct length of paddle for you.	Experiment holding the paddle with the hands different distances apart.	Know how to hold paddles correctly and understand the effects of hand spacing.
<b>Warm Up &amp; Warm Down</b>	Before paddling warm up with a physical activity for a few minutes.	Show a warm up for a few minutes and a simple warm down to finish.	Perform a warm up for a few minutes and demonstrate two parts to it. Warm down.	Demonstrate, off and on the water, a warm up lasting for a few minutes. Warm down.	Perform an appropriate warm up and warm down for the session.
		Take part in a whole body warm up.	Warm up thoroughly, and gently warm down.	Warm up, and include paddle strokes. Warm down.	Warm up and warm down, including gentle paddling.
<b>Forwards</b>	From within a moving boat explore the space around the boat with a paddle; demonstrate remaining balanced and maintaining a dynamic posture.	Show how to push your boat through the water with the aid of a paddle.	Demonstrate forward paddling with a dynamic posture. Move to within about 1 metre of a fixed point, e.g. landing stage, bouy.	Perform forward paddling at different speeds.	Demonstrate an understanding of changes in pace, including short sprints for approximately 5 secs. Demonstrate a quick start from left stroke first and right stroke first..
	Show good position, shape, and balance in a moving boat whilst doing simple paddle tasks.	Hold a paddle correctly and go forwards.	Paddle properly and close to a named point without hitting it.	Paddle properly at two different speeds.	Paddle effectively at different speeds including short sprints.
		Stand up in a stationary boat holding your paddle with both hands (multi-hull).	Paddle in time with the crew (multi-hull).	Paddle from a forward position and set the stroke rate (multi-hull).	Paddle left and right sides (multi-hull).

NB – the items in the green boxes above **only** apply to multi-hull craft but can be discussed, and could be tried in an open boat if/when available.


Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Training &amp; Practice</b>	What changes have you noticed take place to your body during your first session?	What has happened to your heart and breathing rates during your first session?	How many times per minute does your heart beat when at rest?	What would you expect your heart rate to be after you warm up?	Why does your heart rate increase during activity? How can you measure your heart rate (bpm)?
					Measure your heart rate.


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## Week 4

**NOTE: Spray decks are not to be worn in week 4**

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Backwards</b>	Experiment with moving a boat backwards.	Show how to paddle a boat backwards.	Demonstrate paddling a boat backwards on a reasonably straight course.	Perform backwards paddling whilst rotating your upper body to look where you are going. Move to within 1 metre of a named point, e.g. landing stage, buoy.	Paddle a boat backwards along a 15 metre course maintaining directional control with paddle or rudder.
			Paddle backwards on a straight course for about 5 metres.		Paddle backwards along a 15 metre straight course.


Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Food &amp; Drink</b>	What have you had to drink today?	What have you had to eat today?	Suggest examples of suitable food to support exercise and fitness.	What could you bring with you for consumption after your paddlesport session?	Explain an easy method of checking your hydration levels.
				Bring food and drink for after your paddling.	


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	Develop this		Know this

## Week 5

**NOTE: Spray decks are not to be worn in week 5**

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Stopping</b>  ( <b>&amp; re-enforce forward &amp; backward paddling</b> )	Experiment with stopping a boat whilst moving forwards.	Show how to stop a boat when moving forwards.	Demonstrate stopping a boat when moving backwards and then paddling away.	Demonstrate stopping a boat quickly in either direction.	Paddling at speed demonstrate stopping a boat quickly checking with the bank, shore, edge that all progress had halted.
		Stop your boat from moving forwards.	Stop your boat from moving backwards.	Stop your boat quickly – forwards and backwards.	Stop your boat whilst moving at speed.


Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Care for Paddlers</b>	Know why it is important to wash your hands after paddlesport.	Explain why it is good practise to shower after paddlesport.	Explain why warm-up is good practice.	Explain why warm down is good practice.	Consistently perform good practice in the basics of handling boat and equipment.
			Explain the advantages of warming up?		Handle boats and equipment correctly.


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## Week 6

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Boat Safety</b>	Know what to do if you or another paddler capsizes.	Know the safety drill and explain what to do and why, if you or another paddler capsizes.	Demonstrate assisting a capsized paddler from the bank/edge.	Explain the capsize procedure, including when a spraydeck is in use.	In any suitable environment capsize both without wearing a spraydeck and when wearing a spraydeck.
		Know and explain the safety drill			Capsize your boat


Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Personal Safety</b>	Know what a buoyancy aid is for.	Put on and adjust your own buoyancy aid.	Demonstrate checking and adjusting the fit of a buoyancy aid on yourself.	Demonstrate checking and adjusting the fit of a buoyancy aid on another paddler. Demonstrate, if appropriate, how to adjust a helmet.	Understand the basics of how to throw a throwline and how to hold one while being rescued
		Know how to check the condition of the grab loop on a spraydeck and understand the importance of its condition.		Swim a minimum of 5 metres on your front, and on your back whilst wearing a buoyancy aid and spraydeck.	
	Swim wearing a buoyancy aid and spraydeck.	Fit your own buoyancy aid.		Identify two items of safety equipment.	


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Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Paddlesport Environment</b>	Leave a clean paddlesport environment.	If you have any litter whilst paddling what should you do with it?	What does the term paddlesport environment mean?	Identify two good points about your paddlesport environment.	Read a copy of "The Canoeist Code".
					Look at the Canoeist Code.


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## Week 8

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Turning using Rudders</b>	Turn a boat whilst it is moving.	Show how to use a rudder or how to use your paddle like a rudder.	Demonstrate turning a boat whilst on the move using mainly a paddle.	Show how to use your paddle as a rudder to correct your direction when paddling forwards.	Week 9
		Show how to steer a boat with a paddle or rudder.	Use your paddle to turn a boat.	Use your paddle as a rudder to correct your direction.	


Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Know Paddlesport</b>	Know where and when you can meet at Bromley Canoe Club (e.g. Monday nights at West Wickham, Chipstead in the summer).	Know how to contact Bromley Canoe Club.	Know who the Paddle Power coaches are. Know who the committee members are and what their roles are. Know what the yellow t-shirt people are for.	Know who the BCU are and what they do. Know the BCU website address.	Identify other sources of information about canoeing, e.g. UK Rivers Guide Book.
		Know how to contact your nearest canoe club.			


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## Week 9

**The boat session will probably take longer than the first half hour; therefore pool space permitting should be extended into the second half hour.**

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Turning on the Move</b>	Demonstrate edging a boat whilst it is moving.	Edge a boat whilst moving and paddle a few strokes on the low side.	Edge a boat whilst moving and paddle a few strokes on the high side.	Paddle around a variety of simple courses such as a circle, triangle & "S", using edging, sweep strokes and rudders.	Complete a figure of 8 course using at least 2 different paddling techniques.
	Slowly "wobble" a moving boat.	Edge a boat and paddle on the low side.	Edge a boat and paddle on the high side.	Steer a boat along a simple course.	Steer your boat using different paddling actions.


Topics	Assuming there is time left and space in the pool to remain in boats
<b>Activities using hands only</b>	e.g. ball games, races, standing up in the boats and walking along the top of rafted boats.


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## Week 10

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Sideways</b>	Experiment with moving a boat sideways.	Show how to move a boat sideways.	Demonstrate moving a boat sideways with a controlled continuous paddle action.	Perform two different methods of moving a boat sideways. Show the effect of one method if used nearer to the bow or stern.	Demonstrate two techniques for moving a boat sideways. Demonstrate one way with good directional control.
		Move a boat sideways.		Show two ways of moving a boat sideways.	


Topics	Assuming there is time left and space in the pool to remain in boats
<b>Activities using paddles</b>	e.g. piggy back races, etc.


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## Week 11

Topics	Level One	Level Two	Level Three	Level Four	Level Five
<b>Support Strokes</b>	Experiment with just a little lean a very gentle rocking action of the boat.	Show how to gently rock a boat from side to side with a slight lean of the body.	Demonstrate recovering from a lean/rocking action by quickly leaning in the opposite direction to return to the start position (hip flick).	Perform two techniques for recovering from a rocking action and a possible loss of balance (low brace & high brace). Show two ways of recovering from losing your balance.	Perform two techniques for recovering from a possible capsize. One way shown with a slight loss of balance.


Topics	Assuming there is time left and space in the pool to remain in boats
<b>Use different boats</b>	have a go in other types of boat e.g. slalom boats, lightning, etc.


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## Week 12

### Full Assessment

**In addition candidates need to complete a short journey (to be undertaken at Chipstead during the Spring term) and carry out the following tasks:**

Launch a boat and embark without help from different locations.	Disembark without help at two different locations, and with help remove the boat from the water.	If available it would be good if the candidates could also try paddling an open canoe (see green boxes in week 3).			
Launch a boat from a different surface and get into it.	Get out of a boat onto a different surface; help empty any water from it.				

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	Develop this		Know this