


**1★** ●

**"Encouragement"**

**Assessed in any style of Canoe or Kayak, on Sheltered Water (Not Pool)**  
Should be: Swimmer and 14+

A1 **Lift, Carry & Launch** – Various Shores/Banks, Handling Risks  
 A2 **Forward Paddle 100m** – Posture, Body Rotation, Steering Sweep, Long Stroke, Paddle Grip (Look @ Future Water)  
 A3 **Steering & Control** – Stern Sweeps & Stern Rudder  
 Reverse 5m (non-Drive Face) to a Point  
 Stop within 4 Strokes (Forwards and Backwards)  
 Rotate Boat 180 both Directions (Body Rotation)  
 A4 **Return to Bank and Get Out** – Various Banks, Handling Risks

Card 1/1



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**...1★**

B1 **Capsize** – Be Rescued or Swim (Calm, Collect Boat & Paddle)  
Introduce Deep Water Rescue  
 B2 **Empty Boat** – Various Empties, Handling Risks

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
 C2 **Awareness of Others** – No Obstruction, Available to Help  
 C3 **Journey** – 1 Hour (3km), Communication Signals, Capsize Plan

D1 **Theory** – Necessary Equipment, its Purpose, its Care  
 D2 **Safety** – Physical, Emotional, Financial  
 D3 **Hypothermia/First Aid** – Symptoms, Treatment, Contents  
 D4 **Access** – Law, Licenses, Best Practice  
 D5 **Environment** – Impact, Mitigation, Personal Risks

Card 1/2



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**2★** ●

**"Progression"**

**Assessed in BOTH Canoe and Kayak (⇔) and Either Style of Boat (-), on Sheltered Water**  
Must Have; Experience in 2 Different Craft + 2 Journeys of at Least 2 Hours Each  
Should be; 1★, Swimmer and 14+

A1 **Lift, Carry & Launch** ⇔ Various Shores/Banks, Handling Risks  
 A2 **Efficient Forward Paddle 250m** ⇔ Body Rotation, Smooth, Trim  
 A3 **Steering & Control** ⇔ Kayak - Through Narrow Gap (2xWidth)  
 Canoe - Stern Sweeps, Stern Rudder & J-Stroke  
 A4 **Manoeuvre in a Confined Space** ⇔ Stop & Reverse Out  
 A5 **Move Sideways 5 m** – Body Rotation, Effective Upright Paddle  
 A6 **Prevent Capsize** – Balance Point, Low Brace Both Sides  
 A7 **Turning** – Edge, Sweep, Rudder, Brace, Both Sides, 90/180/270/360  
 A8 **Return to Bank & Get Out** ⇔ Various Banks, Handling Risks  
 A9 **Securing** – Boat to Roofrack/Trailer

Card 2/1



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**...2★**


B1 **Capsize & Self Rescue** – with Spraydeck/Straps in Place, Calm, Climb Back In & Bail, or Swim Ashore with all Kit  
 B2 **Peer Rescue** – x-Rescue, Curl or Tow/Shunt to Side

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
 C2 **Awareness of Others** – No Obstruction, Available to Help  
 C3 **Journey** – Plan & Execute Sheltered Water Journey (30-60 mins)

D1 **Equipment** – Needed, Care  
 D2 **Safety** – Physical, Emotional  
 D3 **Hypothermia/First Aid**  
 D4 **Access** – Law, Best Practice  
 D5 **Environment** – Impact  
 D6 **Planning** →

Journey Planning  
Weather Info  
Maps  
Keeping Group Together

Card 2/2



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**3★WW** ●

**"Intermediate WW"**

**Assessed on Open Water + Grade 2 river, in Kayak**  
Must Have; Experience on Grade 2  
Should be; 2★ and Swimmer

A1 **Lift, Carry & Launch** – Various Shores/Banks, Handling Risks  
 A2 **Efficient Forward Paddle** – Acceleration, Posture, Simple Rapids  
 A3 **Reverse Figure of 8** – Body Rotation, Future Water, In Control  
 A4 **Moving Sideways** – Static and Moving  
 Sculling Draw, Draw on the Move, Hanging Draw  
 A5 **Supporting** – Static and Moving  
 A6 **Rolling** – On Flat Water  
 A7 **Break In and Out** – Make Easy (Grade 2) Eddies – Both Sides  
 Body Rotation, Future Water, Speed,  
 Angle, Edge, Trim  
 A8 **Ferry Glide** – Upstream Cross (Grade 2) – Both Sides

Card 3/1



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**...3★WW**


B1 **Deep Water Rescue** – Flat or Slow Moving  
 B2 **Towing** – Sling, Not Towline  
 B3 **Eskimo Rescue** – 5m (Bow & Paddle Presentation)  
 B4 **Throwline** – 10m 1min. (Ideally 1<sup>st</sup> Time, Dynamic Stance)

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
 C2 **Awareness of Others** – No Obstruction, Available to Help  
 C3 **Journey** – Paddle Grade 2 as Part of a Group

D1 **Equipment**  
 D2 **Safety**  
 D3 **Weather**  
 D4 **Hypothermia/First Aid**  
 D5 **Access**

D6 **Environment**  
 D7 **Planning**  
 D8 **Group Awareness**  
 D9 **General**  
 D10 **Navigation**  
 D11 **Etiquette**

Card 3/2



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**3★OC** "Intermediate OC"

Assessed on Open Water (max wind force 3) + Grade 1 river, in Open Canoe  
Must Have; Three x 3 hour trips, at least one on Open Water  
Should be; 2★ and Swimmer

A1 **Lift, Carry & Launch** – Various Shores/Banks, Handling Risks  
A2 **Efficient Forward Paddle** – Trim, Accelerate, Cruise, Knife Strokes  
A3 **Efficient Reverse Paddle** – Trim, Accelerate, Stop, Figure of 8  
A4 **Turn While on Move** – Tight Turn, Open Turn  
A5 **Move Sideways** – Static, On the Move  
A6 **Supporting** – Water to Reach Gunwales  
A7 **Enter, Cross & Exit a Simple Flow** – Angle, Edge & Speed  
A8 **Pole 25m** – Shallow or Deep, plus Turn Left & Right  
A9 **Sail** – Improvised Sail, Steering Reasonably Straight  
A10 **Secure** – Bank, Pier, Trailer, Roofrack, Canoe Rack

Card 4/1

**...3★OC**

B1 **Capsize, Swim & Self Rescue** – Climb In or Shore 25m  
B2 **Deep Water Rescue** – Capsized Paddler may Assist  
B3 **Towing 25m** – Towline Release as in Emergency

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
C2 **Awareness of Others** – No Obstruction, Available to Help

D1 **Equipment Safety**  
D2 **Weather**  
D3 **Hypothermia/First Aid**  
D5 **Access**

D6 **Environment Planning**  
D7 **Group Awareness**

Card 4/2

**3★Sea** "Intermediate Sea"

Assessed on Sheltered Sea Journey (max wind force 3, Sea State 3), in Kayak  
Must Have; Three x 3 hour sea trips, Rudder Must be Disabled if Fitted  
Should be; 2★, Swimmer

A1 **Lift, Carry & Launch/Land** – Various Shores, Handling Risks  
A2 **Efficient Forward Paddle** – Acceleration, Cruise, Posture, Features  
A3 **Reverse Paddle & Stop** – Body Rotation, Future Water, In Control  
A4 **Maintain Direction** – Edging, Stern Rudder (Through Gap)  
A5 **Change Direction** – Static 360 in Both Directions, 90 While on Move  
A6 **Move Sideways** – Body Rotated, Paddle Vertical, Blade Submerged  
A7 **Supporting** – High & Low Recovery Strokes  
A8 **Rolling** – Flat Water, One Side  
A9 **Securing** – Bank, Pier, Trailer, Roofrack, Canoe Rack

Card 5/1

**...3★Sea**

B1 **Deep Water Rescue**  
B2 **Towing** – Contact Tows and Towline  
B3 **Eskimo Rescue** – 5m

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
C2 **Awareness of Others** – No Obstruction, Available to Help  
C3 **Journey** – Paddle as Part of a Led Group

D1 **Equipment**  
D2 **Sea Safety**  
D3 **Weather**  
D4 **Hypothermia/First Aid**  
D5 **Access**

D6 **Environment Planning**  
D7 **Group Awareness**  
D8 **General**  
D9 **Navigation**  
D10

Card 5/2

**3★Surf** "Intermediate Surf"

Assessed on Friendly Surf, Waves no Higher than Head Height (Sitting in Kayak)  
Must Have; Experience of 3 Surfing Sessions, in More Than One Location  
Should be; 2★, Swimmer

A1 **Lift, Carry & Launch** – Various Shores, Handling Risks  
A2 **Control** – Relaxed, Calm  
A3 **Paddle Out** – Speed, Angle, Wave Judgement, Trim, Timing  
A4 **Positioning & Wave Selection** – Evidence of Yes and No Selection  
A5 **Takeoff** – 3 to 6 Paddle Strokes  
A6 **Riding** – Below Deck Control, Body Posture, Minimum Paddle Use  
A7 **Turns** – Body Posture, Rail & Pushing Strokes  
A8 **Ruddering** – Sweeping & Placement.  
Bottom of the Wave & Transitions  
A9 **Supporting** – Upright Posture, High Elbow, Dynamic Hip Action

Card 6/1

**...3★Surf**

B1 **Capsize & Return to Shore** – Seaward Side, Paddle  
B2 **Deep Water Rescue** – In the Box Lift & Sliding  
B3 **Capsize Recovery** – Roll

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
C2 **Awareness of Others** – No Obstruction, Available to Help

D1 **Equipment**  
D2 **Tides & Bathymetry**  
D3 **Etiquette**  
D4 **Safety**

Card 6/2

**Paddlesport Start** "Encouragement"

Assessed in any style of paddlesport boat including crew boats, on Sheltered Water  
Should be: Swimmer

**Personal Skills**

A1 **Take Part in a Warm Up**  
A2 **Get In and Out of Boat** – With Help from the Bank  
A3 **Balance in Boat** – Ready to Hold a Paddle  
Active Posture  
A4 **Go Forwards**

Card 0/1

**...Paddlesport Start**

**Experiment With**

B1 **Moving the Boat Backwards**  
B2 **Stopping the Boat** – Whilst Moving Forwards  
B3 **Turning the Boat**  
B4 **Moving the Boat Sideways**  
B5 **Going Forwards**– In a Straight Line  
B6 **Edging** – Without Losing Balance

**Theory**

D1 **Know How to Put Your Equipment Away**  
D2 **Know What is Appropriate Paddlesport Clothing**  
D3 **Know the Name of Your Nearest Club or Center**  
D4 **Why is it Important to Wash Your Hands After Paddlesport**  
D5 **Know the Meaning of Diet**  
D6 **Know Your Resting Heart Rate**

Card 0/2

**3★Touring** "Intermediate"

Assessed on; Open Water (or Estuary) journey (up to wind force 3) and/or Ungraded River (discernable green flow)  
Must Have; Evidence of 3 flat water journeys (3 hours+ / 10km+) with 1 on open water  
Plus evidence of one 3 hour session in an alternative discipline  
Should be; 2★ and Swimmer  
Craft; Any that is safe and 'fit for purpose'

A1 **Lift, Carry & Launch/Land** – Various Shores/Banks, Handling Risks  
A2 **Efficient Forward Paddle** – Cruise/Accelerate, Posture, Trim  
A3 **Efficient Reverse Paddle** – Stop/Accelerate, Controlled Figure of 8  
A4 **Turn on the Move** – Tight/Open, Edge, Vertical/Horizontal Paddle  
A5 **Move Sideways** – Sculling Draw, Draw on the Move/Hanging Draw  
A6 **Supporting** – Low + High Recovery, Paddling while on Edge  
A7 **Environment** – Poles, Ropes, Wash Hanging, Trim, Wind  
A8 **Securing** – Pier, Jetty, Bank, Shore, Rack or Trailer

Card 7/1

**...3★Touring**

B1 **Deep Water Rescue** – Rescue and Be Rescued, Safe, Timely  
B2 **Towing** – Push or Pull Contact Tow, Towline, 10m  
B3 **Capsize, Swim & Self Rescue** – 25m to Shore or Climb Back In

C1 **Personal Risk Management** – Risks, Consequences, Mitigation  
C2 **Awareness of Others** – No Obstruction, Available to Help  
C3 **Group** – Communication, Line of Sight, Avoidance, Positioning

D1 **Equipment**  
D2 **Safety**  
D3 **Weather**  
D4 **Hypothermia/First Aid**  
D5 **Access**  
D6 **Environment**

D7 **Planning**  
D8 **Group Awareness**  
D9 **General**  
D10 **Navigation**  
D11 **Etiquette**  
D12 **Personal Paddling Skills**

Card 7/2