

Level 4 / 4 * Leader

The Level 4 or 4* Leader Training is for aspirant students curious about the technical and group leadership skills required for the BCU 4* assessment. WMCKA has the benefit and good fortune of having some very, very qualified instructors to present this curriculum: the amazing Andrea Knepper will lead this course.

Prereq

While not strictly required, for the benefit of your own development, it would be ideal if you have completed the Level 3 / 3* Skills Training at WMCKA or completed the Skills Training/ Assessment elsewhere.

Course Outline - via British Canoeing Website

Part A – Personal Paddling Skills

The emphasis is on applying strokes to achieve suitable techniques and boat control in real situations, the candidate should have a holistic approach to their paddling. The maneuvers and strokes should be blended as appropriate. Assessment is not a tick box of skills. Candidates are required to show all skills on both sides and in each of the environments as appropriate.

A.1 Lifting, carrying, launching, and landing

A.2 Efficient and effective moderate open water skills

- Forward paddling
- Maneuvering
- Paddling with the wind
- Paddling against/across the wind
- Supporting

A.3 Efficient and effective moving water (river) skills

• Be able to move around on the river: upstream/downstream, in and out of simple eddies, around obstacles (bridge pillars, rocks, etc.), and apply appropriate trim for the running of simple weirs or rapids

A.4 Environmental concerns – beyond the paddle, ropes, portaging skills, sailing, rafting

A.5 Navigation

Part B – Rescue Skills The emphasis for the candidate is that they can be an effective member of a team. This would include that they can look after themselves and others while paddling in the environments as stated (candidates to act as the rescuer and be rescued):

B.1 Manage the application of appropriate boat and bank-based safety and rescue skills. Open Water:

- Self-rescue
- Deep-water rescue

- Swamped raft
- Man overboard while sailing
- Towing, including rafted towing
- Carrying a swimmer

B.2 Manage the application of appropriate boat and bank-based safety and rescue skills.

Moving Water:

- Throwline rescues
- Rescue of capsized paddler and equipment
- Trapped boat recovery

B.3 Incident management and first aid in the 4 Star environments

B.4 Effective team leader and team member in rescues and incidents

Part C – Safety, Leadership & Group Skills

During the assessment, the candidates should show they have the ability to lead others on a successful trip/tour in the stated environments. These skills will be blended throughout the assessment and include:

C.1 Skilful application of leadership principles (e.g. C.L.A.P.) to include both on and off-the-water activities

C.2 Appropriate leadership strategies, judgement, and decision-making to include how to deal with being caught out overnight

C.3 Safety awareness and risk management

C.4 Group control and dynamic management

C.5 Equipment C.6 Intervening strategies

C.7 Controlling and managing outcomes

Participants who decide to pursue this award post symposium should reach out to Andrea.