

Criteria for use of Kayaks and Canoes

Show basic understanding of tide tables
Show basic understanding of Rules of the River
Demonstrate correct choosing and fitting of a buoyancy aid

Paddle and Steer

Demonstrate how to enter boat
Demonstrate use of footrests and knee braces
Demonstrate correct choice and use of paddle
Demonstrate how to fit a spraydeck

Paddle forwards
Steer while paddling
Stop
Paddle backwards
Turn
Use a draw stroke
Raft up

Demonstrate exit from boat
Prepare boat for storage
Store boat in correct position

Understand Capsize Drill

Demonstrate use of release strap on spray deck
Understand need to stay with capsized boat
Understand need not to try to right the boat in the water
Understand how to tow boat/casualty to bank

Below Cobden Bridge

Demonstrate full competency of the above
Show complete understanding of local tides
Possess the physical fitness required for longer distances
Understand the hazard associated with solo excursions

Other locations

Display abilities equivalent to BCU2*