

Assessment Guide

Intro to Sea Skills



*Australian Canoeing
Award Scheme*

Award Definition

Award Definition.

The holder of this award has demonstrated the ability to plan and conduct personal kayaking activities in sea kayaks in coastal conditions defined as:

- Estuaries, embayments and areas enclosed or partially enclosed by fringing reef or islands
- Areas of exposed coastline that are simple, not involving overfalls, tidal races, difficult landings or open crossings may be included
- Distances of up to two nautical miles offshore
- Conditions below Fresh (17 knots) as defined by the Beaufort Scale and used by the Bureau of Meteorology.

Skill Component

Prepare appropriate craft and equipment.

Throughout assessment participants use appropriate equipment for the environment.

This equipment promotes personal safety and is prepared in a way to not impede on safety.

Launch and land is surf to 0.5 m.

Participant launches and lands in a safe repeatable manner.

Paddle the craft efficiently.

Strokes are performed in moderate (to 16kn) conditions at sea:

Strokes:

- Forward and reverse paddle
- Forward and reverse sweeps
- Draw strokes(feathered or sculling)
- Stern Rudder
- Stopping
- Support using both sides of the blade in surf to 0.5m

For each stroke the minimum performance requirements are:

- Correct hand placement on paddle
- Sufficient wrist movement to enable correct blade placement
- Adequate paddle depth in water to achieve effective stroke
- Correct paddle blade angle throughout stroke
- Correct paddle entry and exit points with respect to craft and body position.

Competently participate in self and buddy rescues.

Rescues are performed in moderate (to 16kn) conditions at Sea as rescuee and rescuer where applicable.

Buddy rescue:

- T rescue

Self rescue:

- Paddle float rescue

Rescues are performed as rescuee and rescuer where applicable.

Rescue is performed in a timely manner (no time wasted),promotes safety to all involved and is deemed to work in all conditions.

Competently accept a tow.

Calm is maintained.

Craft kept in a straight line while towed.

Craft kept stable and balanced.

Form into and disperse from a raft.

A raft is formed in a timely manner (no wasted time) and promotes safety to all involved.

Secure craft for transport, secure equipment to craft.

Participants transport craft to and from venue, method is safe for craft and participant. (or able to demonstrate method they would use)
Equipment placed on craft is secured in a manner that does not impede safety and is accessible when required.

Capsize in sea to 0.5 m surf wet exit and swim self and craft to shore.

Capsize is performed with spray deck on.
Wet exit is performed.
Calm is maintained during whole process.

Knowledge Component

Have an understanding of the advantages and limitations of sea kayaks.

General knowledge may include but not limited to:

- Construction material
- Water line
- Bow designs
- Rocker
- Storage
- Deck fitting

Select appropriate equipment and clothing with consideration of sun sense and hypothermia.

Throughout assessment participants use appropriate equipment for the environment. This equipment is prepared in a way to not impede on safety.

Plan and navigate an enclosed sea environment activity.

Knowledge of, but not limited to:

- Latitude and Longitude
- Measuring distance
- Tide flow arrows
- Port and Starboard markers
- Cardinal markers
- Special marker
- Paddling speed
- Effects of wind and tide

Store, operate and maintain appropriate safety and communication equipment.

Equipment to include but not limited to:

- Lifejacket
- Spare paddle
- Mobile phone
- Hand pump
- Helmet (when in surf)

Interpret weather for a marine environment.

Able to identify good source of marine forecasts.

Knowledge of but not limited to:

- Highs
- Lows
- Fronts
- Swell
- Seas

Minimal environmental impact.

Follows AC minimal impact guidelines

Knowledge and maintenance of craft.

General knowledge of what makes a kayak a Sea Kayak.

Must include but not limited to:

- Storage
- Decklines
- Cockpit
- Bulkheads

Knowledge of "Rules of the Sea".

Knowledge of, but not limited to:
- Give way rules for other water craft.

Experience Component

Minimum Logbook requirement.

Produce a logbook to Australian Canoeing standards that show:
- Six Sea environment trips of a minimum of three hours duration.

Communication Component

Maintain effective communication with a group.

Participant stays within communication distance of the group. Communication is limited to
- Verbal
- Whistle
- Visual

Written Component

Plan a personal trip.

Prepare for a three hour coastal paddle with friends in an area of your choice. The area must use launch and landing areas that are affected by tide, around 0.5 m of surf and fit within the award definition above.

Prepare:

- A simple route plan for the trip including main route, stops and contingencies
- An equipment list for the trip, taking into consideration sun sense and hypothermia precautions
- A basic contingency plan in the event of environmental, human or equipment failure.

Look at the Bureau of Meteorology site and write down or print out the forecast for your trip. Analyse how these conditions will affect your trip and outline any changes or precautions you might take