

# Assessment Guide

## 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 at sea defined as:

- Outside of estuaries, embayments or other sheltering reefs or islands in moderate conditions
- Conditions below Fresh (21 knots) as defined by the Beaufort Scale and used by the Bureau of Meteorology
- Areas of exposed coastline that are simple, not involving overfalls, tidal races, difficult landings or open crossings may be included
- Distances of up to four nautical miles from nearest shore
- Breaking (overtopping) waves (sea) up to 1m
- Surf to 1m.

### Pre-requisite

Intro to Sea Skills or equivalent

## 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 1.0 m.

Participant launches and lands in a safe repeatable manner.

- Demonstrate
- Surf control
  - Side surf
  - Back surf

## **Paddle the craft efficiently.**

Strokes are performed in fresh (to 21kn) 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 1.0m

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 fresh (to 21kn) conditions at Sea as rescuee and rescuer where applicable.

Buddy rescue:

- T rescue

Self rescue:

- Paddle float rescue
- Roll (one side)
- Re-enter and roll (one side)

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 perform a tow.**

Tows are performed in fresh (to 21kn) conditions in Sea:

- Single tow
- In line tow
- V tow.

Tows are performed using:

- Quick release system
- Floating system if disconnected
- Bright coloured rope can be an advantage

Tows are performed to promote safety to all.

**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 and roll in surf to 1.0m.**

Craft to capsize while surfing a wave, roll is performed by either, using momentum and power of wave or waiting till wave energy has dissipated and roll behind wave.

Technique used must be safe and repeatable.

# 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
- Volume
- Hull shapes

**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
  - Eddies
  - Types of coast line eg: cliffs
  - Position fixing, 3 point fix
  - Aiming off
- Able to complete a Navigation sheet.
- Tides
- High and Low
  - Spring and neap
  - Rule of twelves
  - Secondary ports

**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)
- VHF radio
- Tow line

**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
- Beaufort scale
- Funneling
- Rebound
- Fetch

**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

Able to explain or show simple repair kits and the purpose of its contents

**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.
- Two different overnight sea kayak trips.

## 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