

AC Sea Skills Comparison – Enclosed, Intro to Sea Skills and Sea Skills

The following descriptions and criteria relate to demonstrated ability to plan and conduct personal kayaking activities in sea kayaks. In order to meet the standard required for certification for a Skills Award, you should meet the following criteria:

	Enclosed Sea Skills	Intro To Sea Skills	Sea Skills
Conditions (wind descriptions as per BOM and Beaufort Scale)	<ul style="list-style-type: none"> - Bays and Harbours - Moderate conditions (forecast or 11-16 knots) - Max. 1.5 nm from shore - Breaking (overtopping) waves (sea) up to 0.5m - no surf 	<ul style="list-style-type: none"> - 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 up to 2nm offshore - Conditions below Fresh (17 knots) 	<ul style="list-style-type: none"> - Outside of estuaries, embayments or other sheltering reef or islands in moderate conditions - Conditions below Fresh (21 knots) - Areas of exposed coastline that are simple, not involving overfalls, tidal races, difficult landings or open crossings may be included - Distances up to 4nm from nearest shore - Breaking (overtopping) waves (sea) up to 1.0m - Surf to 1m
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 in surf	NA	Surf to 0.5m	Surf to 1.0m
		Participant launches and lands in a safe repeatable manner. Demonstrate: <ul style="list-style-type: none"> - Surf - Side surf - Back Surf 	
Paddle the craft efficiently	Strokes performed in moderate (to 16 knots) conditions at sea		Strokes performed in fresh (to 21 knots) conditions at sea
	Strokes: <ul style="list-style-type: none"> - Forward and reverse paddle - Forward and reverse sweeps - Draw strokes (feathered and sculling) - Stern Rudder - Stopping - Support using back of blade 	Strokes: <ul style="list-style-type: none"> - Forward and reverse paddle - Forward and reverse sweeps - Draw strokes (feathered and sculling) - Stern Rudder - Stopping - Support using both sides of the blade in surf to 0.5m 	Strokes: <ul style="list-style-type: none"> - Forward and reverse paddle - Forward and reverse sweeps - Draw strokes (feathered and sculling) - Stern Rudder - Stopping - Support using both sides of the blade in surf to 1.0m
	For each stroke the minimum performance requirements are: <ul style="list-style-type: none"> • 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 		

	Enclosed Sea Skills	Intro To Sea Skills	Sea Skills
Competently participate in self and buddy rescues	<p>Perform rescues in moderate (to 16 knots) conditions at sea as rescuee and rescuer as applicable:</p> <p>Buddy rescue:</p> <ul style="list-style-type: none"> - T rescue <p>Self rescue:</p> <ul style="list-style-type: none"> - Paddle float rescue 		<p>Perform rescues in fresh (to 21 knots) conditions at sea as rescuee and rescuer as applicable:</p> <p>Buddy rescue:</p> <ul style="list-style-type: none"> - T rescue <p>Self rescue:</p> <ul style="list-style-type: none"> - Paddle float rescue - Roll (one side) - Re-enter and roll (one side)
	<p>Rescues 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.</p>		
Competently perform a tow	<p>Tows are performed in moderate (to 16 knots) conditions in enclosed Sea:</p> <ul style="list-style-type: none"> - Single tow - In line tow - V-tow <p>Tows are performed using:</p> <ul style="list-style-type: none"> - Quick release system - Floating system if disconnected - Brightly coloured rope can be an advantage <p>Tows are performed to promote safety to all.</p>	NA	<p>Tows are performed in fresh (to 21 knots) conditions at Sea:</p> <ul style="list-style-type: none"> - Single tow - In line tow - V-tow <p>Tows are performed using:</p> <ul style="list-style-type: none"> - Quick release system - floating system if disconnected - Brightly coloured rope can be an advantage <p>Tows are performed to promote safety to all.</p>
Competently accept a tow	NA	<p>Calm is maintained Craft kept in a straight line while towed Craft kept stable and balanced</p>	NA
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.	<p>Participants transport craft to and from venue and the 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.</p>		
Capsize in sea to 0.5m surf, wet exit and swim self and craft to shore	NA	<p>Capsize is performed with spray deck on Wet exit is performed Calm is maintained during whole process</p>	NA
Capsize and roll in surf to 1.0m	NA	NA	<p>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</p>
Knowledge Component			
Have a broad understanding of the advantages and limitations of sea kayaks.	<p>Good knowledge may include but not limited to:</p> <ul style="list-style-type: none"> - Construction material - Water line - Bow designs - Storage - Deck fitting - Volume (Sea Skills only) - Hull shapes (Sea Skills only) 		

	Enclosed Sea Skills	Intro To Sea Skills	Sea Skills
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 safety.		
Plan and navigate and (enclosed) sea environment activity	<p>Enclosed sea environment</p> <p>Knowledge of but not limited to:</p> <ul style="list-style-type: none"> - Latitude and Longitude - Measuring distance - Tide flow arrows - Port and Starboard markers - Cardinal markers - Special marker - Paddling speed - Effects of wind and tide 		<p>Sea environment</p> <p>Knowledge of but not limited to:</p> <ul style="list-style-type: none"> - 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 <p>Able to complete a Navigation sheet</p> <p>Tides:</p> <ul style="list-style-type: none"> - High and Low - Spring and neap - Rule of Twelves - Secondary ports
Store, operate and maintain appropriate safety and communication equipment.	<p>Equipment to include but not limited to:</p> <ul style="list-style-type: none"> - Life jacket - Spare paddle - Mobile phone - Hand pump - Helmet (when in surf) – Sea & Intro to sea skills - VHF radio – Sea skills - Tow line – Sea Skills 		
Interpret weather for a marine environment	<p>Able to identify good source of marine forecasts.</p> <p>Knowledge of but not limited to:</p> <ul style="list-style-type: none"> - Highs - Lows - Fronts - Swell - Seas 		<p>Able to identify good source of marine forecasts.</p> <p>Knowledge of but not limited to:</p> <ul style="list-style-type: none"> - Highs - Lows - Fronts - Swell - Seas - Beaufort scale - Funnelling - Rebound - Fetch
Minimal environmental impact	Follows AC environmental code		
Knowledge and maintenance of craft.	<p>General knowledge of what makes a kayak a Sea Kayak. Must include but not limited to:</p> <ul style="list-style-type: none"> - Storage - Decklines - Cockpit - Bulkheads 		<p>General knowledge of what makes a kayak a Sea Kayak. Must include but not limited to:</p> <ul style="list-style-type: none"> - Storage - Decklines - Cockpit - Bulkheads. <p>Able to explain or show simple repair kits and the purpose of its contents.</p>

	Enclosed Sea Skills	Intro To Sea Skills	Sea Skills
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 enclosed sea environment trips of a minimum of three hours duration	- Six sea environment trips of a minimum of three hours duration	- Six sea environment trips of a minimum of three hours duration - 2 different overnight sea kayak trips
Communication Component			
Maintain an effective communication system with a group	Participant stays within communication distance of the group. Communication is limited to: - Verbal - Whistle - Visual		
Written Component			
Plan a personal trip	NA	<p>Prepare for a 3 hour coastal paddle with friends in an area of your choice. The area must use launch and landing areas that are affected by tides, around 0.5 m of surf and fit within the award definition above.</p> <p>Prepare:</p> <ul style="list-style-type: none"> - 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. <p>Look at the Bureau of Meteorology site and write down or print out the forecast for your trip. Analyze how these conditions will affect your trip and outline any changes or precautions you might take</p>	