

Australian Canoeing Award Scheme 2014

Evidence Guideline

Intro to Sea Skills



This information is to be used in combination with the Assessment Record, Safety Guidelines and Award Scheme Handbook.

Skill Component	
Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia.	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 to 0.5 m.	Participant launches and lands in a safe repeatable manner.
Paddle the craft efficiently in moderate (to 16kn) conditions at sea forwards, backwards, sideways and turning– use correct forward, reverse, draw and sweep strokes;– use safe, effective support strokes, using both blade faces, in surf to 0.5 m	Strokes: - Forward and reverse paddle; - Forward and reverse sweeps; - Draw strokes (feathered and sculling); - Stern Rudder; - Stopping; - Support using both blade faces. 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 as rescuee and rescuer: Buddy rescue: - Wedge rescue - T rescue Self rescue: - Paddle float rescue	Rescues are performed as rescue and rescuer were applicable. Rescue technique must be deemed to work in all conditions. Rescue is performed in a timely manner (no time wasted) and promotes safety to all involved.
Competently accept a tow.	Calm is maintained. Craft kept in a straight line while towed. Craft kept stable and balanced.

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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 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.
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; - Handling characteristics--tracking, edge behaviour, etc; - 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 a sea environment activity.	Knowledge of but not limited to: - Latitude and Longitude; - Measuring distance; - Tide flow arrows; - Port and Starboard markers; - Cardinal marks; - Special mark; - 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).

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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; - Deck lines; - Cockpit; - Bulkheads.
Knowledge of " Rules of the Sea".	Knowledge of but not limited to: - Give way rules for other water craft.
Experience component	
Six coastal trips of a minimum of three hours duration over a period of at least two years.	Produce a logbook to Australian Canoeing that shows a minimum standard of: 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.