

# Australian Canoeing Award Scheme 2014

## Evidence Guideline

### 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 1.0m .	Participant launch's and lands in a safe repeatable manner.
Paddle the craft efficiently in moderate (to 21kn) 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 1.0 metre.	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 - Roll - Demonstrate re-enter and roll in fresh conditions at sea.	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. Re-enter and Roll to be demonstrated on one side.

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Competently perform a tow: - Single tow; - In line tow; - V tow.	Tows are performed using: - Quick release system; - floating system if disconnected; - Brightly 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 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 and roll in surf to 1m (capsize in wave, roll either in wave or after).	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.
<b>Knowledge component</b>	
Have an understanding of the advantages and limitations of sea kayaks.	Good knowledge may include but not limited to: - Construction; - Material; - Water line; - Handling characteristics--tracking, edge behaviour, etc; - 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 overnight trip in a sea environment.	Knowledge of but not limited to: - Latitude and Longitude; - Measuring distance; - Tide flow arrows; - Port and Starboard marks;

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	<ul style="list-style-type: none"><li>- Cardinal marks;</li><li>- Special mark;</li><li>- Paddling speed;</li><li>- Effects of wind and tide;</li><li>- Eddies;</li><li>- Types of coast line eg: cliffs;</li><li>- Position fixing, 3 point fix;</li><li>- Aiming off.</li></ul> <p>Able to complete a Navigation sheet.</p> <p>Tides.</p> <ul style="list-style-type: none"><li>- High and Low;</li><li>- Spring and neap;</li><li>- Rule of twelves;</li><li>- Secondary ports.</li></ul>
Store, operate and maintain appropriate safety and communication equipment.	<p>Equipment to include but not limited to:</p> <ul style="list-style-type: none"><li>- Lifejacket;</li><li>- Spare paddle;</li><li>- Mobile phone;</li><li>- Hand pump;</li><li>- Helmet (when in surf);</li><li>- VHF radio;</li><li>- Tow line.</li></ul>
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"><li>- Highs;</li><li>- Lows;</li><li>- Fronts;</li><li>- Swell;</li><li>- Sea;</li><li>- Beaufort scale;</li><li>- Funneling;</li><li>- Rebound;</li><li>- Fetch.</li></ul>
Minimal environmental impact.	<p>Follows AC environmental code.</p>
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"><li>- Storage;</li><li>- Deck lines;</li><li>- Cockpit;</li><li>- Bulkheads.</li></ul>

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	Able to explain or show simple repair kits and the purpose of its contents.
Knowledge of Rules and Sea.	Knowledge of but not limited to: - Give way rules for other water craft.
<b>Experience component</b>	
Six sea environment trips of a minimum of three hours duration. Two different overnight coastal sea kayak trips.	Produce a logbook to Australian canoeing standards that shows a minimum of: Six sea environment trips of a minimum of three hours duration. Two different overnight coastal sea kayak trips.
<b>Communication component</b>	
Maintain effective communication with a group.	Participant stays within communication distance of the group. Communication is limited to: - Verbal; - Whistle; - Visual.