

Australian Canoeing Award Scheme 2014

Evidence Guideline

Flatwater Lifeguard



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 efficiently.	Participant launches and lands in a safe repeatable manner.
Paddle the craft efficiently in moderate winds: – forwards, backwards, sideways and turning; – using correct forward, reverse, draw and sweep strokes. Show efficient use of low supports.	Strokes: - Forward and reverse paddle; - Forward and reverse sweeps; - Draw strokes (feathered and sculling); - Stern Rudder; - Stopping; - Support using back of blade. 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: - Swim to shore with craft and gear	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 perform a tow: - Single tow - In line tow	Calm is maintained. Craft kept in a straight line while towed. Craft kept stable and balanced.

Australian Canoeing Award Scheme 2014

Evidence Guideline

Flatwater Lifeguard



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.
Knowledge component	
Select and advise novice paddlers on 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.
Determine location of supervisory staff.	Staff placement promote safety to the group.
Minimal environmental impact.	Follows AC environmental code.
Knowledge and maintenance of craft.	General knowledge of what makes a craft suitable for flatwater. Must include but not limited to: - Sound construction; - Flotation; - Grab handles.
Hazard identification and risk management program for a sea trip (including expeditions).	Able to identify risks and casual factors for a Flatwater trip and also able to identify management strategies to reduce any risks. May include: - Separation; - Drowning; - Sunburn; - Hypothermia; - Hyperthermia.
Understanding of selection of launching and landing sites.	Sites must be appropriate and promote safety to group.
AC's role, membership structure, your rights and responsibilities.	Has an understanding of AC's membership structure and rights and responsibilities as a registered AC leader.

Australian Canoeing Award Scheme 2014

Evidence Guideline

Flatwater Lifeguard



Safety Guidelines, Minimal Impact Guidelines, Risk Management Policy, Incident Reporting requirements.	Has knowledge of these documents.
Maintaining log books.	Understands the purpose and contents of a logbook.
Experience component	
On-water paddling activities totaling 6 – 9 hours duration as an observer under training or as an assistant.	Produce a logbook to Australian Canoeing that shows a minimum standard of: On-water paddling activities totaling 6 – 9 hours duration as an observer under training or as an assistant.
Communication component	
Establish and maintain an effective communication system within a group of novices.	Participant establishes a safe working system group stays within communication distance. Communication is limited to: - Verbal; - Whistle; - Visual.
Brief a group of novices on: – correct posture; – setting up the craft; – strokes as required; – launching and landing; – actions in the event of an emergency.	Brief is clear and concise, attention of the group is gained. Recollection could be tested.
Deliver directions in a clear and concise manner.	Deliver directions in a clear and concise manner.
Debrief.	A debrief is conducted to suit the trip and group.
Leadership component	
Manage launch and landing of a group of novices.	Launch and landing promotes safety to all involved.
Supervise groups in an enclosed, sheltered flatwater paddling activity.	Group is supervised in a safe manner to reach goals of program and promotes safety.
Manage multiple capsizes and emergencies of novice paddlers.	Rescues are managed to promote safety to all in group.