



Coastal Kayak Level 1 Award Assessment

ASSESSOR: Essentials Kayak Instructor Trainer, or Open Water Instructor with BCU Coach L3, A1

VENUE: Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

- 1) General purpose kayak or sea kayak equipped with suitable floatation, deck lines (recommended) and grab loops
- 2) PFD, paddle, food, drink, spare clothing and whistle
- 3) Clothing suitable for immersion and appropriate to the conditions

STROKES & MANEUVERS

- 1) LIFTING ~ CARRYING
 - Good, safe technique
- 2) LAUNCHING
 - Low dock, or bank, for entering boat
- 3) EFFICIENT FORWARD PADDLING
 - 100 yards in a reasonably straight line
- 4) STOP
 - Stop the kayak from a good speed, forwards and reverse
- 5) REVERSE
 - 25 yard paddle with reasonable control, looking over shoulder
- 6) ROTATE 360° ON THE SPOT
 - Spin kayak using full forward and reverse sweeps
- 7) TURNING ON THE MOVE
 - Sweep strokes underway to turn boat
- 8) FIGURE OF 8
 - Paddle a figure of 8 course using a variety of strokes
- 9) LANDING
 - Return to dock or bank and exit boat
- 10) DRAW SIDEWAYS
 - Move the boat sideways 10 feet, both sides
- 11) RUDDERING
 - Trailing paddle to keep the boat straight at reasonable speed
- 12) PREVENTING A CAPSIZE
 - Low brace recovery to prevent off balance boat from capsizing

RESCUE & RECOVERY

- 1) WET EXIT
 - Capsize and wet exit, swim boat to shore and empty

KAYAK TRIPPING

- 1) ONE DAY TRIP
 - Evidence of at least one day trip of at least 3 nautical miles

TECHNICAL KNOWLEDGE

- 1) EQUIPMENT
 - Have a working knowledge of paddling equipment
- 2) SAFETY
 - Understand the dangers of kayaking and how to avoid trouble
- 3) HYPOTHERMIA ~ HYPERTHERMIA
 - Know symptoms and treatment
- 4) ENVIRONMENT ISSUES
 - understand ecology, seamanship and water sense
- 5) TRIP PLANNING
 - Comfortable in preparing for a short day trip
- 6) GROUP AWARENESS
 - Familiar with whistle and paddle signals and group dynamics
- 7) GENERAL
 - Familiar with the different disciplines of paddle sport
- 8) SECURING BOATS TO RACK
 - Attach kayak to rack using rope and suitable knots, or straps

NOTES

(approved 2/4/06)