



Coastal Kayak Level 4 Award Assessment

ASSESSOR: Coastal Kayak Open Water Instructor Trainer or Open Water Instructor with BCU Coach 3, A1

VENUE: Open water, wind to 11-16 knots, surf to 3 feet (1 Meter), current to 3 knots ~

KAYAK & EQUIPMENT

- 1) Sea kayak equipped with suitable floatation, deck lines and grab loops
- 2) PFD, helmet, spray skirt with release strap, paddle, spare paddle, whistle
- 3) Food, drink, and warm drink
- 4) Spare clothing/ shelter
- 5) Paddle clothing suitable for immersion, appropriate for the conditions
- 6) First Aid kit
- 7) Repair kit

STROKES & MANEUVERS ON OPEN WATER

- 1) LEVEL 3 AWARD
 - Any elements from your prerequisite L/3 award
- 2) LAUNCHING AND EMBARKING
 - Good technique with boat floating in a variety of conditions / scenarios
- 3) EFFICIENT FORWARD PADDLING
 - 500 yards paddle with good body rotation, and control over pace and direction
- 4) EFFICIENT REVERSE PADDLING
 - Over a figure of 8 course with good boat control and variety of strokes
- 5) TURNING ON THE MOVE
 - Quickly turn, with minimum speed loss, starting with a forward sweep
 - a. Low brace turn with outside tilt
 - b. High brace turn with outside tilt
 - c. Bow rudder with tilt
- 6) ROTATE 360° ON THE SPOT
 - Spin kayak using deep offside boat tilt and full sweeps
- 7) EDGING ~ BOAT TILT
 - Edging to assist in turning with sweep strokes and gunnel deep offside edge. Forward and reverse
- 8) RUDDERING
 - Trailing stern rudder to keep the boat straight at reasonable speed in following seas with paddle kept on one side (demonstrate both sides)
- 9) DRAW SIDEWAYS
 - move the boat sideways 15 feet using good

directional stability with:

- a. Hip draw
- b. Sculling draw
- c. Draw on the move: forward and reverse
- d. Sideslip / forward and reverse

10) PREVENT CAPSIZE

- Efficient low and high brace recovery on both sides with the boat moving and off balance to the waist followed by forward paddling

11) NEGOTIATE MODERATE WIND AND SEA CONDITIONS

- Paddling comfort with all above techniques in moderate sea conditions
- Demonstrate ability to paddle in a head sea, beam sea, quartering sea and following sea
- Demonstrate ability to turn up and down wind efficiently
- Demonstrate ability to hold position

12) NEGOTIATE MODERATE SURF

- Launch and land forwards under control (without being surfed)
- Launch and land backwards under control (without being surfed)
- Hold position in surf
- Surf, broach and side surf

13) NEGOTIATE MODERATE CURRENT: (3 knots

- Comfort establishing a ferry angle- forward and reverse
- Control in peeling out and eddy turns

RESCUE & RECOVERY

1) WET EXIT

- Comfortable capsize and wet exit in rough conditions/ current

2) SELF RESCUE

- Re-enter kayak in rough conditions without assistance and pump out boat

3) ASSISTED RESCUE

- Demonstrate efficient assisted drain and re-enter in rough conditions as victim and rescuer

4) SOLO TOWING

- Tow a victim without help in rough conditions making appropriate use of long and short tow line and demonstrate emergency release of the tow

5) ASSISTED TOWING

- Tow a victim with help from a third kayaker to provide stability

6) ASSISTED TOWING



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- Tow a victim with help from a third towing kayaker to provide propulsion
- 7) RAFTING
- Demonstrate ability to raft up with another kayaker to provide stability in rough conditions
- 8) CONTACT TOWING
- Demonstrate ability to tow or push another kayaker without use of a tow line in rough conditions
- 9) BOW / STERN/PADDLE ASSISTED RECOVERY
- Confident capsize and rescue both as victim and rescuer using bow, stern and paddle presentation techniques in rough conditions
- 10) KAYAK ROLL
- Roll without a set-up, come up within three attempts in conditions
- 11) RE-ENTER AND ROLL
- Come up within three attempts
- 12) LEADERSHIP
- Ability to lead a group in moderate conditions
- KAYAK TRIPPING**
- 1) THREE DAY TRIPS
- Show evidence of at least three all day trips of 12-15 nautical miles in a variety of conditions
- 2) ONE MULTI-DAY TRIP
- Show evidence of at least one multi-day journey involving overnight camping
- TECHNICAL KNOWLEDGE & SEAMANSHIP**
- 1) EQUIPMENT
- Have a working knowledge of all paddling and safety equipment
- 2) SAFETY
- Understand the risks of exposed kayaking and how to avoid/manage trouble
- 3) HYPOTHERMIA ~ HYPERTHERMIA
- Good understanding recognition, avoidance and treatment
- 4) 1st AID/ CPR
- Basic knowledge, strongly recommend WFA as a minimum
- 5) ENVIRONMENTAL ISSUES
- Leave No Trace, understand ecology, conservation
- 6) TRIP PLANNING
- Comfortable in preparing logistics for a long, exposed day trip
- 7) GROUP AWARENESS
- Familiar with whistle and paddle signals, group dynamics and safety
- 8) GROUP LEADERSHIP
- Familiar with group management practices in moderate conditions
- 9) GENERAL
- Marine environment, understanding the effects of wind, tide, land masses and current on paddlers.
- 10) KNOTS
- Tie a bowline, figure 8, clove hitch, round turn and 2 half hitches, trucker hitch
- 11) REPAIRS IN THE FIELD
- Demonstrate use of repair kit
- 12) PACKING ~ TRIMMING
- Loading a kayak for a multi-day journey
- 13) NAVIGATION
- Chart reading and plotting, symbols, depths, drying heights, hazards, bouyage, tidal / current predictions, selection of escape routes, use of ranges and line of position (LOP)
- 14) COMPASS USE
- Taking bearings, fixing position and following heading for course made good.
- 15) COAST GUARD
- Demonstrate knowledge of rescue tools and how to use them, include use of radio, flares and other signals
- 16) WEATHER
- Know sources of weather forecasts and understand how to interpret them
- 17) LOCAL CONDITIONS
- Familiarizing and understanding the local paddling area, local traffic and potential hazards
- 18) SEAMANSHIP
- Rules of the Road, including collision regulations, light and sound signals
- NOTES**