



AMERICAN CANOE ASSOCIATION Coastal Kayaking – Level 1 Skills Assessment

ASSESSOR: Level 1: Introduction to Kayaking Instructor

VENUE: Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

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

STROKES & MANEUVERS

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

RESCUE & RECOVERY

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

KAYAK TRIPPING

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

TECHNICAL KNOWLEDGE

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