



## AMERICAN CANOE ASSOCIATION Coastal Kayaking – Level 3 Skills Assessment

**ASSESSOR:** Coastal Kayak Level 3 Coastal Kayaking Instructor

**VENUE:** Sheltered water

### KAYAK & EQUIPMENT

- General purpose kayak or sea kayak, equipped with suitable floatation, deck lines & grab loops
- PFD, spray skirt with release strap, paddle, food, drink, spare clothing, whistle
- Clothing suitable for immersion and appropriate to the conditions
- First Aid kit

### STROKES & MANEUVERS

- **LAUNCHING AND LANDING:** Efficient technique with a variety of put – ins
- **EFFICIENT FORWARD PADDLING:** 500 yards paddle with clear body rotation, directional control, and ability to change pace
- **EFFICIENT REVERSE PADDLING:** over a figure of 8 course, with good boat control, using correct strokes and edging
- **TURNING ON THE MOVE:** turn with minimum speed loss, initiate with a forward sweep
  - Low brace turn with inside tilt
  - High brace turn with inside tilt
  - Bow rudder with tilt
- **ROTATE 360° ON THE SPOT:** Spin kayak using boat tilt and forward and reverse sweeps
- **EDGING ~ BOAT TILT:** Edging to assist in turning in a circle with full sweep strokes and gunwale deep outside edge to assist turn. Forward and Reverse
- **RUDDERING:** Trailing stern rudder to keep the boat straight at reasonable speed and able to adjust direction both left and right with paddle on each side
- **DRAW SIDEWAYS:** move the boat sideways 15 feet using good directional stability with
  - Draw to the hip
  - Sculling draw
  - Draw on the move- forward and reverse
  - Sideslip / forward and reverse
- **PREVENT CAPSIZE:** Efficient low and high brace recoveries, with the boat moving and off balance to the point of capsize, followed by forward paddling
- **SCULLING FOR SUPPORT:** Low and high brace positions with proper blade articulation

### RESCUE & RECOVERY

- **WET EXIT:** Comfortable capsize and wet exit with sprayskirt attached
- **SELF RESCUE:** Using a technique such as re-entry and roll, paddle-float reentry, paddle-float reentry and roll, cowboy rescue/ scramble
- **DEEP WATER RESCUE:** Assisted drain and re-enter both as victim and rescuer.
- **TOWING AND TOWLINE USE:** Understand tow systems and their risks, be able to solo tow a victim and demonstrate emergency release of the tow

- CONTACT RESCUES: Demonstrate ability to tow or push another kayaker a short distance without use of a tow line
- SWIMMER RESCUE: Stern toggle tow, bow push, and back-deck
- BOW, STERN AND PADDLE RECOVERY: Confident capsize and rescues both as victim and rescuer using bow, stern and paddle presentation techniques

#### **DEVELOPING SKILLS / MANUEVERS ETC (not necessary to pass)**

- KAYAK ROLL: Come up within three attempts using any shoulder protected kayak roll. The candidate should be working on a roll that can be depended upon in conditions
- CURRENT and WIND CONDITIONS: Evidence of maneuvers, rescue and recovery techniques in more challenging conditions, as well as an understanding of basic hydrology
- NAVIGATION: Have comprehension of chart and compass use for basic navigation skills
- SEAMANSHIP: Knowledge of rules of the road, weather conditions and effects
- LEADERSHIP: Have an understanding of group leadership techniques/methods in mild conditions

#### **KAYAK TRIPPING**

- THREE-DAY TRIPS: Show evidence of, three or more day trips, of at least 10 nautical miles.

#### **TECHNICAL KNOWLEDGE**

- EQUIPMENT: Have a working knowledge of all paddling equipment
- SAFETY: Understand the risks of kayaking, avoidance and management
- HYPOTHERMIA ~ HYPERTHERMIA: Recognition, avoidance and treatment
- 1<sup>st</sup> AID/ CPR: Basic knowledge, strongly suggest WFA as a minimum
- ENVIRONMENTAL ISSUES: Leave No Trace, ecology and marine environment
- TRIP PLANNING: Comfortable in preparing logistics for a longer, more exposed day trip
- GROUP AWARENESS: Familiar with whistle and paddle signals, group dynamics and safety
- CAR- TOPPING AND CARRYING: Good transport techniques using straps, or knots including figure 8, or bowline, truckers hitch and round turn with two half hitches