



AMERICAN CANOE ASSOCIATION Coastal Kayaking – Level 4 Skills Assessment

ASSESSOR: Coastal Kayak Level 4 Open Water Instructor Trainer

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

KAYAK & EQUIPMENT

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

STROKES & MANEUVERS ON OPEN WATER

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

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- Demonstrate ability to hold position
- 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
- NEGOTIATE MODERATE CURRENT: (3 knots)
 - Comfort establishing a ferry angle- forward and reverse
 - Control in peeling out and eddy turns

RESCUE & RECOVERY

- WET EXIT: Comfortable capsize and wet exit in rough conditions/ current
- SELF RESCUE: Re-enter kayak in rough conditions without assistance and pump out boat
- ASSISTED RESCUE: Demonstrate efficient assisted drain and reenter in rough conditions as victim and rescuer
- 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
- ASSISTED TOWING: Tow a victim with help from a third kayaker to provide stability
- ASSISTED TOWING: Tow a victim with help from a third towing kayaker to provide propulsion
- RAFTING: Demonstrate ability to raft up with another kayaker to provide stability in rough conditions
- CONTACT TOWING: Demonstrate ability to tow or push another kayaker without use of a tow line in rough conditions
- BOW / STERN/PADDLE ASSISTED RECOVERY: Confident capsize and rescue both as victim and rescuer using bow, stern and paddle presentation techniques in rough conditions
- KAYAK ROLL: Roll without a set-up, come up within three attempts in conditions
- RE-ENTER AND ROLL: Come up within three attempts
- LEADERSHIP: Ability to lead a group in moderate conditions

KAYAK TRIPPING

- DAY TRIPS: Show evidence of at least three all day trips of 12-15 nautical miles in a variety of conditions
- MULTI-DAY TRIP: Show evidence of at least one multi-day journey involving overnight camping

TECHNICAL KNOWLEDGE & SEAMANSHIP

- EQUIPMENT: Have a working knowledge of all paddling and safety equipment
- SAFETY: Understand the risks of exposed kayaking and how to avoid/manage trouble
- HYPOTHERMIA ~ HYPERTHERMIA: - Good understanding recognition, avoidance and treatment
- 1st AID/ CPR: Basic knowledge, strongly recommend WFA as a minimum
- ENVIRONMENTAL ISSUES: Leave No Trace, understand ecology, conservation
- TRIP PLANNING: Comfortable in preparing logistics for a long, exposed day trip
- GROUP AWARENESS: Familiar with whistle and paddle signals, group dynamics and safety
- GROUP LEADERSHIP: Familiar with group management practices in moderate conditions
- GENERAL: Marine environment, understanding the effects of wind, tide, land masses and current on paddlers.
- KNOTS: Tie a bowline, figure 8, clove hitch, round turn and 2 half hitches, trucker hitch
- REPAIRS IN THE FIELD: Demonstrate use of repair kit
- PACKING ~ TRIMMING: Loading a kayak for a multi-day journey
- 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)
- COMPASS USE: Taking bearings, fixing position and following heading for course made good.
- COAST GUARD: Demonstrate knowledge of rescue tools and how to use them, include use of radio, flares and other signals
- WEATHER: Know sources of weather forecasts and understand how to interpret them

- LOCAL CONDITIONS: Familiarizing and understanding the local paddling area, local traffic and potential hazards
- SEAMANSHIP: Rules of the Road, including collision regulations, light and sound signals