



## AMERICAN CANOE ASSOCIATION Coastal Kayaking – Level 2 Skills Assessment

**ASSESSOR:** Level 2: Essentials of Kayak Touring Instructor (or higher)

**VENUE:** Sheltered water, not a swimming pool

### **KAYAK & EQUIPMENT**

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

### **STROKES & MANEUVERS**

- **LIFTING ~ CARRYING:** Good technique with a variety of options
- **LAUNCHING:** Low dock or bank
- **EFFICIENT FORWARD PADDLING:** 200 yards paddle in a reasonably straight line
- **EFFICIENT REVERSE PADDLING:** 50 yards paddle in a reasonably straight line
- **STOP:** Stop the kayak from a good speed, forwards or reverse
- **ROTATE 360° ON THE SPOT:** Spin kayak using full forward and reverse sweeps
- **PADDLE A FIGURE OF 8 COURSE:** Using reasonable control
- **DRAW SIDWAYS:** Move the boat sideways 15 feet with good directional stability
- **PREVENT CAPSIZE:** Effective low and high braces, with boat well off balance
- **RUDDERING:** Trailing stern rudder to keep the boat straight at reasonable speed
- **TURNING ON THE MOVE:** Sweep strokes while underway to turn boat
- **LOW BRACE TURN:** A sweep stroke followed by a low brace with onside tilt to assist efficiency
- **LANDING:** At low dock/bank under control without use of paddle and no damage to boat or bank

### **RESCUE & RECOVERY**

- **WET EXIT:** Capsize and wet exit with sprayskirt, knows emergency procedure w/o grab loop
- **DEEP-WATER RESCUE:** Assisted drain and re-enter both as victim and rescuer
- **SWIM RESCUE:** Swim to shore (25 yards) in full paddling gear and drain boat
- **RAFTING UP:** For stability
- **PADDLE FLOAT SELF RESCUE:** Demonstrate self rescue using a paddle float

### **DEVELOPING SKILLS (not required to pass)**

- **SCULLING DRAW:** Comfort with good paddle articulation
- **BOW RECOVERY:** Assisted recovery as victim and rescuer, using partners bow or stern to right the capsized kayak
- **EDGING ~ BOAT TILT:** Paddle a circle while edging both on and offside
- **SCULLING FOR SUPPORT:** Support from proper blade articulation and rotation

### **KAYAK TRIPPING**

- **ONE DAY TRIP:** - Show evidence of at least one day trip of at least 5 nautical miles

## **TECHNICAL KNOWLEDGE**

- **EQUIPMENT:** Have a working knowledge of paddling equipment
- **SAFETY:** Understand the risks of kayaking and avoidance possible
- **HYPOTHERMIA ~ HYPERTHERMIA:** Recognition and treatment
- **ENVIRONMENTAL ISSUES:** Leave No Trace etc, ecology
- **TRIP PLANNING:** Comfortable in preparing for a short day trip
- **GROUP AWARENESS:** Familiar with whistle and paddle signals
- **GENERAL:** Familiar with the different disciplines of paddle sport, seamanship
- **SECURING BOATS TO RACK:** Attach kayak to rack using rope and suitable knots, or straps