

Paddle Australia Qualification Scheme

Assessment Guidelines

Coastal Skills



Qualification Definition

The holder of this award has demonstrated the ability to plan and conduct personal day based activities on SOTs in Coastal conditions:

- Outside of estuaries, embayments or other sheltering reefs or islands
- Areas of exposed coastline that are simple, not involving overfalls or tidal races
- Maximum of 1 nautical mile from shore
- Wind conditions below Fresh Winds(17kn)
- Breaking (whitecapping) waves (sea) up to 0.5m
- Surf to 0.5m

Skills

All skills to be performed in Moderate Winds(11-16kn) at Sea. Surf related skills to be performed in 0.5m of surf

Prepare appropriate craft and equipment

Throughout assessment participants use appropriate equipment for the environment.
This equipment promotes personal safety and is prepared in a way to not impede on safety

Secure craft for transport, secure equipment to craft

Participants transport craft to and from venue, method is safe for craft and participant. (or able to demonstrate method they would use)
Equipment placed on craft is secured in a manner that does not impede safety and is accessible when required

Launch and land craft

Participant launches and lands craft in surf in a safe repeatable manner without assistance

Perform paddle strokes

Demonstrate individual strokes to manoeuvre the craft:

- Forward and reverse paddle
- Forward and reverse sweeps
- Draw strokes (feathered and sculling)
- Stern rudder
- Bow rudder
- Stopping
- Support using back of blade

For each stroke the minimum performance requirements are:

- Correct hand placement on paddle
- Sufficient wrist movement to enable correct blade placement
- Adequate paddle depth in water to achieve effective stroke
- Correct paddle blade angle throughout stroke
- Correct paddle entry and exit points with respect to craft and body position

Form into and disperse from a raft

A raft is formed in a timely manner (no wasted time) and promotes safety to all involved

Perform self and buddy rescues

Self rescue:

- Swim 50m in paddling gear
- Capsize and re-mount(in and out of surf)

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	<ul style="list-style-type: none"> • Paddle float re-entry (out of surf) <p>Buddy rescue (rescues are performed as rescuee and rescuer):</p> <ul style="list-style-type: none"> • Flip and hold <p>Rescues are performed in a timely manner (no time wasted) and promotes safety to all involved and is deemed to work in all conditions</p>
Accept a tow	<p>Calm is maintained. Craft kept in a straight line while towed. Craft kept stable and balanced</p>
Perform a tow	<p>Demonstrate:</p> <ul style="list-style-type: none"> • Single tow • V tow • Short tow • Contact tow <p>Tows are performed using quick release system that floats if disconnected. Tows are performed to promote safety to all.</p>
Complete an activity	<p>Activity plan/brief is followed to meet time management requirements and activity goals. Plan is adjusted if and when required</p>
Maintain position in windy conditions	<p>Perform upwind tail stall. Use Transit bearing to determine drift</p>
Rope work	<p>Demonstrate:</p> <ul style="list-style-type: none"> • Bowline • Fisherman's knot • Round turn and two half hitches • Clove hitch • Highwayman's hitch • Truckies hitch
Individual Situational Awareness	<p>Participant is able to monitor personal wellbeing as well as environmental elements that may effect all participants</p>

Knowledge

Knowledge and maintenance of craft	<p>General knowledge of the features of a SOT. Must include but not limited to:</p> <ul style="list-style-type: none"> • Construction • Material • Flotation • Water line • Handling characteristics • Grab handles • Foot support • Storage • Deck lines
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Select appropriate equipment and clothing

Clothing and equipment is selected with consideration of sun sense and other environmental influences
Throughout assessment participants use appropriate equipment for the environment.
This equipment is prepared in a way to not impede on safety

Store, operate and maintain appropriate safety and communication equipment

Equipment to include but not limited to:

- Lifejacket (level 50)
- Sufficient food and water
- Spare paddle
- Mobile phone
- VHF radio
- Tow line
- Sling/rescue ladder
- Pea-less whistle
- PLB
- Safety knife
- First Aid kit
- Helmet(when in surf or around rocks)
- Paddle float

Able to show or explain simple repair kit and the purpose of contents

Navigational aids

Knowledge of but not limited to:

- Latitude and Longitude
- Measuring distance
- Scale
- Navigational markers: Lateral, cardinal and special markers
- Tidal flow arrows
- Paddling speed
- Effects of wind and tide
- Eddies
- Types of coast line
- Depth
- Position fixing; e.g. dead reckoning, 3 point fix
- Transits
- Aiming off
- Tides: High, Low, Spring, Neap, Tidal range, Rule of twelves, Secondary ports, 50/90 rule
- Able to complete a Navigation sheet

Interpret weather

Able to gain appropriate Bureau of Meteorology (BOM) weather forecasts (e.g. from MetEye) and warnings, and interpret how weather can influence and affect a paddling location.

Knowledge of, but not limited to:

- Winds
- Beaufort Scale

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- Funnelling
- Fetch
- Effects of wind on paddling; windward, leeward
- Swell
- Seas
- Rebound
- Tidal currents
- Precipitation
- Sources of extended marine weather forecasts
- Telling signs of bad weather approaching

Plan an activity	Plan is developed to meet the activity goals and is appropriate for group, location and time limitation
Minimal environmental impact	Follows PA Minimal Impact Guidelines
Maintain a log book	Understands the purpose and contents of a log book Knowledge and use of PA's Paddle Log app
Prepare a Float Plan	Understands the purpose and contents of a Float Plan Knowledge and use of PA's Paddle Prep app
Rules of Sea	Knowledge of but not limited to: <ul style="list-style-type: none">• Give way rules

Communication

Maintain effective communication with a group	Participant stays within communication distance of the group. Communication is limited to Verbal, Whistle, Visual Communicate in a positive manner within a paddling group to help establish and maintain an enjoyable, safe experience for all group members. Act on constructive feedback
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Experience

Minimum log book requirement	In the previous three years: <ul style="list-style-type: none">• Six Coastal trips of a minimum of three hours duration
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Assessment Documents

The following documents should be produced and submitted to your Assessor prior to final assessment. Preferred format for Project is PDF.

Project	Plan a three hour paddle with friends in a location of your choice. The location must include launch and landing areas that are affected by tides and approx 0.5m of surf and fit within the award definition above. Your friends have similar skills, experience and knowledge to you. Prepare: <ul style="list-style-type: none">• A simple route plan for the trip including main route, stops and contingencies• An equipment list for the trip, taking into consideration sun sense and
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- hypothermia precautions
 - A basic contingency plan in the event of environmental, human or equipment failure
- The date and time of the trip should be chosen to ensure any tidal effects are beneficial.
- Look at the Bureau of Meteorology site and choose a forecast for the location that will have an impact on your trip. Write down or print out that forecast. Analyze how the forecast conditions will affect your trip and outline any changes or precautions you might take

Assessment Record	The completed Assessment Record for the award, signed by both Assessor and participant, preferably using the Paddle Ed app
Log book	A copy of your log book with verified entries supporting the Minimum log book requirement above
