

# Paddle Australia Qualification Scheme

## Assessment Guidelines

### Introduction to Sea Skills



## Qualification Definition

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

- Outside of estuaries, harbours, embayments or other sheltering reefs or islands
- Areas of exposed coastline that are simple, not involving overfalls, tidal races, difficult landings or open crossings
- Maximum of 1.5 nautical miles 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*

<b>Prepare appropriate craft and equipment</b>	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
<b>Secure craft for transport, secure equipment to craft</b>	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
<b>Launch and land craft</b>	Participant launches and lands craft in surf in a safe repeatable manner with assistance if required
<b>Perform paddle strokes</b>	Demonstrate individual strokes to manoeuvre the craft: <ul style="list-style-type: none"><li>• Forward and reverse paddle</li><li>• Forward and reverse sweeps</li><li>• Draw strokes (feathered and sculling)</li><li>• Stern rudder</li><li>• Bow rudder</li><li>• Stopping</li><li>• Support using back of blade</li></ul> For each stroke the minimum performance requirements are: <ul style="list-style-type: none"><li>• Correct hand placement on paddle</li><li>• Sufficient wrist movement to enable correct blade placement</li><li>• Adequate paddle depth in water to achieve effective stroke</li><li>• Correct paddle blade angle throughout stroke</li><li>• Correct paddle entry and exit points with respect to craft and body position</li></ul>
<b>Form into and disperse from a raft</b>	A raft is formed in a timely manner (no wasted time) and promotes safety to all involved
<b>Perform self and buddy rescues</b>	Self rescue: <ul style="list-style-type: none"><li>• Swim 25m in paddling gear</li></ul>

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	<ul style="list-style-type: none"> <li>• Paddle float re-entry</li> </ul> <p>Buddy rescue (rescues are performed as rescuee and rescuer):</p> <ul style="list-style-type: none"> <li>• T rescue</li> </ul> <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>
<b>Accept a tow</b>	<p>Calm is maintained.            Craft kept in a straight line while towed.            Craft kept stable and balanced</p>
<b>Perform a tow</b>	<p>Demonstrate:</p> <ul style="list-style-type: none"> <li>• Single tow</li> <li>• In-line tow</li> <li>• V tow</li> <li>• Short tow</li> <li>• Contact tow</li> </ul> <p>Tows are performed using quick release system that floats if disconnected.            Tows are performed to promote safety to all.</p>
<b>Complete an activity</b>	<p>Activity plan/brief is followed to meet time management requirements and activity goals. Plan is adjusted if and when required</p>
<b>Maintain position in windy conditions</b>	<p>Perform upwind tail stall.            Use Transit bearing to determine drift</p>
<b>Capsize in surf</b>	<p>Participant to capsize craft in surf, wet exit and swim craft to shore.            Capsize is performed with spray deck attache.            Calm is maintained</p>
<b>Individual Situational Awareness</b>	<p>Participant is able to monitor personal wellbeing as well as environmental elements that may effect all participants</p>
<b>Paddling Speed</b>	<p>Able to maintain an average speed of 3kph for 1 hour</p>

## Knowledge

<b>Knowledge and maintenance of craft</b>	<p>General knowledge of the features of a Sea Kayak. Must include but not limited to:</p> <ul style="list-style-type: none"> <li>• Construction</li> <li>• Material</li> <li>• Water line</li> <li>• Bow designs</li> <li>• Rocker</li> <li>• Grab handles</li> <li>• Foot support</li> <li>• Storage</li> <li>• Deck lines</li> </ul>
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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

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#### Store, operate and maintain appropriate safety and communication equipment

Equipment to include but not limited to:

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

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

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#### 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

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#### 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

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

## Communication

<b>Maintain effective communication with a group</b>	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

<b>Minimum log book requirement</b>	In the previous three years: <ul style="list-style-type: none"><li>• Five Sea trips of a minimum of three hours duration</li></ul>
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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.*

<b>Project</b>	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 with up to 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"><li>• A simple route plan for the trip including main route, stops and contingencies</li><li>• An equipment list for the trip, taking into consideration sun sense and</li></ul>
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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

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

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