

Paddle Australia Qualification Scheme

Assessment Guidelines

Whitewater Rescue Level 2 - Canoe



Qualification Definition

The holder of this award has demonstrated the ability to manage rescue situations from a canoe and gear retrieval in Grade 2 Whitewater.

Skills

All skills to be performed in Grade 2 water

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 from an eddy in a safe repeatable manner without assistance
Perform paddle strokes	Demonstrate individual strokes to manoeuvre the craft: <ul style="list-style-type: none">• Forward and reverse paddle• Forward and reverse sweeps• Draw strokes (feathered and sculling)• Bow draw• Stern rudder• Bow rudder• Cross-bow rudder• Stopping• Support using blade• Edging and Railing• Stroke combinations• Ferry glide forward and reverse• Break into and out of eddies• J stroke• Pry For each stroke the minimum performance requirements are: <ul style="list-style-type: none">• 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
River running	Read water to determine a safe route through a rapid: <ul style="list-style-type: none">• Use water features for advantage to assist in turning and crossing currents• Follow a predetermined route through a rapid

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	<ul style="list-style-type: none"> • Use avoidance techniques for any river hazards
Complete an activity	Activity plan/brief is followed to meet time management requirements and activity goals. Plan is adjusted if and when required
Perform self and buddy rescues	<p>Self rescue:</p> <ul style="list-style-type: none"> • Capsize and wet exit • Swim to shore with craft and paddle • Defensive swim to remain in safe position • Aggressive swim to reach shore or an eddy • Retrieve a craft from a current • Drain craft <p>Shallow water crossing:</p> <ul style="list-style-type: none"> • Wade through shallow water <p>Buddy rescue:</p> <ul style="list-style-type: none"> • Throw bag, including rope coil throws, pendulum swing into shore • Bow rescue off another craft • X rescue <p>For all rescues an assessment of the situation is conducted and appropriate technique selected. Rescues are performed in a timely manner (no time wasted) and promotes safety to all involved and is deemed to work in all conditions. Good communication with Rescuer at all times.</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"> • Short tow • Contact tow • Arms as tows <p>Tows are performed using quick release system that floats if disconnected. Tows are performed to promote safety to all.</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 • Prusik loop
Individual Situational Awareness	Participant is able to monitor personal wellbeing as well as environmental elements that may effect all participants
Perform additional rescues	Swimming techniques to negotiate logs or strainers.

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Use the following techniques effectively to rescue swimmers:

- reaching
- throw bag use for multiple swimmers, including rope coil throws
- snag lines
- shallow water crossing (wading)

Use the following techniques to perform gear retrieval:

- Towing using towline
- Vector pulls
- Z-drag 3:1

Assessment of the situation.

Assessment and management of risks, including to self and other group members.

Determination of priorities.

Management of other group members including role allocation.

Selection of a suitable rescue method.

Selection of a suitable gear retrieval method.

Selection of suitable equipment for rescue and retrieval.

Carrying out an effective rescue of multiple swimmers using a suitable method.

Management of evacuation.

Modifying plans as necessary.

Knowledge

Knowledge and maintenance of craft

General knowledge of what makes a craft suitable for Whitewater. Must include but not limited to:

- Construction
- Material
- Flotation
- Water line
- Handling characteristics
- Grab handles
- Tow points
- Thwarts
- Gunwales

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

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- Tow line
- Sling/rescue ladder
- Pea-less Whistle
- PLB
- Sat phone
- Safety knife
- Remote First Aid kit
- Helmet
- Throw bag
- Spare clothing

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

Navigational aids

Knowledge of but not limited to:

- Latitude and Longitude/Grid reference
- Measuring distance
- Scale
- Paddling speed
- Scale
- Contour lines
- Land features such as Spur, Ridge, Saddle, Gully, Knoll, and Plateau
- River levels

Able to complete an intentions form

Interpret weather

Able to access and demonstrate use of BOM Rainfall and river height data and effects on river

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

Hydrology

General knowledge of:

- River grading: 1 - 6
- Stoppers
- Waves
- Strainers
- Eddies
- Holes
- Flow dynamics
- Erosion
- Weirs

Hazard identification and risk management

Able to identify risks and causal factors for a Whitewater trip and also able to identify management strategies to reduce any risks.

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Risks may include:

- Separation
- Drowning
- Sunburn
- Hypothermia
- Hyperthermia
- Entrapment

Store, operate and maintain appropriate rescue equipment

Equipment to include but not limited to:

- Carabiners
- Pulleys
- Static rope

Rescue Management

Roles and group management in rescue.
Range and limitations of different rescue and retrieval methods.
Risk management in rescue situations.
Hydrology of hazards.
Management of most frequent river injuries.
Patient care.

Communication

Group participants: Novice paddlers

Maintain effective communication with a group

Use and interpret international river signals in routine situations.
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.
Communicate in a positive manner appropriate for the group

Rescue communication

Demonstrate the ability to establish, and operate by, a chain of command:

- communicate rescue priorities and plans prior to rescue
- communicate during the rescue to assist in continually assessing the situation
- use a range of communication methods with the swimmer/s, other rescuers and other group members, including whistle, verbal and non-verbal methods

Experience

Minimum log book requirement

In the previous three years:

- Ten Grade 2 Whitewater activities of a minimum of two hours duration in varying river heights and locations

Assessment Documents

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

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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
