

Paddle Australia Qualification Scheme

Assessment Guidelines

Whitewater Skills - Canoe



Qualification Definition

The holder of this award has demonstrated that they can competently paddle a canoe as part of a group on 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

Paddle Australia Qualification Scheme

Assessment Guidelines

Whitewater Skills - Canoe



	<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

Paddle Australia Qualification Scheme

Assessment Guidelines

Whitewater Skills - Canoe



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
- 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

Paddle Australia Qualification Scheme

Assessment Guidelines

Whitewater Skills - Canoe



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: <ul style="list-style-type: none">• 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. Risks may include: <ul style="list-style-type: none">• Separation• Drowning• Sunburn• Hypothermia• Hyperthermia• Entrapment

Communication

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
---	---

Experience

Minimum log book requirement	In the previous three years: <ul style="list-style-type: none">• Ten Grade 2 Whitewater activities of a minimum of two hours duration in varying river heights and locations
------------------------------	--

Paddle Australia Qualification Scheme

Assessment Guidelines

Whitewater Skills - Canoe



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 Whitewater paddle with friends in a location of your choice with Grade 2 water. The location must fit within the award definition above. Your friends have similar skills, experience and knowledge to you.

Prepare:

- A simple navigation plan for the trip including main route, stops and contingencies
- An equipment list for the trip, taking into consideration sun sense and hypothermia precautions
- A basic contingency plan in the event of environmental, human or equipment failure

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