

# **Paddle Australia Qualification Scheme**

## **Assessment Guidelines**

### **Paddle OZ Action**



## **Qualification Definition**

The Paddle Oz Action program aims to extend and refine the basic paddle skills learnt in the Paddle Oz Discovery program. With participants exploring and experiencing different paddle craft and learning new skills, they discover that there are no limits to what paddling has to offer.

## **Component One**

**Capsize your craft**

**Know two safety features of your craft**

**Use body rotation when paddling**

**Adjust your craft for correct posture, with assistance**

**Ask questions to clarify instructions**

**Lean to assist turns**

**Be aware of different craft and their uses**

**Use turning strokes**

**Launch your craft in two different ways**

## **Component Two**

**Carry your craft safely (in pairs)**

**Adjust your craft for correct posture, without assistance**

**Maintain correct posture while paddling**

**Use all of the blade, together with body rotation**

**Lean using the back of blade as support**

**Use support strokes with back of blade**

**Use basic draw strokes**

**Use the paddle at different angles to perform different strokes**

**Use a combination of strokes**

## **Component Three**

**Capsize your craft and maintain contact with your equipment**

**Capsize and use an appropriate self or buddy rescue**

**Maintain good fluid and energy levels**

**Enter and exit your craft from variety of situations**

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**Enter your craft from two different landing areas**

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**Try paddling other craft**

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**Communicate in a positive manner**

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**Know about further paddling pathways**

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**Show consideration for others**