

Paddle Australia Qualification Scheme

Assessment Guidelines

Paddle OZ Adventure Whitewater



Qualification Definition

The Paddle Oz Adventure program aims to launch participants into more adventurous forms of paddling. Participants are introduced to specialised craft and the specific skills required to paddle them.

Component One

Identify basic whitewater equipment

Bring suitable clothing, food and drink for a whitewater activity

Ask questions to clarify instructions

Sit with appropriate posture in a whitewater craft

Use lower body to maintain balance

Be aware of the effects of currents on craft

Be aware of changes in currents in moving water

Use effective basic strokes in moving water

Paddle in a circle, maintaining a lean

Capsize with a spray deck and perform a wet exit

Understand that river conditions can change

Identify a potential risk or hazard, with assistance

Component Two

Select and fit own equipment

Manage your own clothing, food and drink during a whitewater activity

Identify currents and eddies

Float in safe, moving water using the whitewater float position

Use body rotation to achieve more power in strokes

Use body weight to assist craft control

React to effects of currents on craft

Use a bow draw or low brace to turn the craft

Understand the impact of conditions on paddling

Understand the effect of river flow on balance and edge

Maintain positive communication within a group during a trip

Identify two potential risks or hazards

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Component Three

Understand the design differences between two different whitewater craft

Plan personal clothing, nutrition and equipment requirements

As a swimmer, be towed to shore by another paddler, holding an hand hold of the rescuer's craft

Use angle, edge and balance in changes of river flow

Identify eddylines and waves

Use stroke placement to assist in negotiating water features

Apply craft control with body while paddling across moving water

Anticipate effects of currents on craft

Cross a current and enter and leave eddies, using a combination of strokes and edging

Know about whitewater touring and ACAS pathways

Know sources of information about river conditions

Show consideration for others during a trip

Suggest a plan to minimise an identified risk