

Paddle Australia Qualification Scheme

Assessment Guidelines

Paddle OZ Discovery



Qualification Definition

The Paddle Oz Discovery program aims to introduce young people to the activity of paddling. Through the use of games, participants will learn basic paddle skills in a fun environment, discovering what an exciting activity paddling can be.

Component One

Follow the instructions given by your instructor or coach

Wear a lifejacket and recommended clothing

Get into and out of your craft from shore, with assistance

Sit comfortably in/on your craft

Keep your balance while sitting in/on your craft

Hold a paddle with correct blade position

Paddle your craft forward

Stop your craft from moving forward

Float in a lifejacket

Component Two

Act on constructive feedback

Get into and out of your craft from shore, with limited assistance

Fit your own lifejacket

Sit in/on your craft with an upright sitting position

Use good hand position while paddling

Keep good balance while your paddling craft

Paddle your craft backwards

Stop your craft from moving backwards

Exit your craft in water

Component Three

Choose and fit your lifejacket and appropriate clothing for the conditions

Show basic knowledge and use for parts of paddle

Get into and out of your craft from shore, without assistance

Paddle your craft with an upright sitting position

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Change directions while paddling to follow a course

Maintain your balance while rocking your craft from side to side

Exit your craft, swim around and self rescue with assistance

Make appropriate safe decisions when paddling with others
