

Australian Canoeing Award Scheme 2014

Evidence Guideline

Flatwater Instructor SUP



This information is to be used in combination with the Assessment Record, Safety Guidelines and Award Scheme Handbook.

Skill Component	
Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia.	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.
Launch and land efficiently: - Prone position - Kneeling position.	Participant launches and lands in a safe repeatable manner.
Paddle the craft efficiently in winds to 12 knots: - Forwards - Backwards - Forward sweep - Reverse sweep - Draw - Pivot turn.	Strokes: - Forwards - Backwards - Forward sweep - Reverse sweep - Draw - Pivot turn. For each stroke the minimum performance requirements are: • 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.
Competently participate in self rescue: - Swim 50m with paddle - Paddle board like surf board for 100m - Climb back on board from either side or back of board. Competently perform a buddy rescue: - Place person from water onto board.	Swim is performed in safe manner with paddle. Surf board paddle but be completed if safe manner with paddle. Rescue technique must be deemed to work in all conditions and performed in a timely manner (no wasted time).

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Safely fall off SUP.	Calm is maintained. Fall away from craft. Paddle is retained.
Able to detach leg leash with one hand.	Safely and easily detach leg leash with one hand, performed in a quick repeatable manner.
Secure craft for transport, secure equipment to craft.	Participants transport craft to and from venue and the 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.
Tow another board 250m.	Tow another board 250m safely.
Plan and conduct a flatwater course: <ul style="list-style-type: none">- arrange venues- arrange equipment- arrange staff or assistants- coordinate timetables- coordinate logistics.	Program is delivered to a group to promote a smooth, productive, effective, safe program for all participants.
Instruct: <ul style="list-style-type: none">- strokes in skill set- launch and land- self rescues- deliver a theory training session- deliver a practical training session.	<p>Padding skills to include:</p> <ul style="list-style-type: none">- forwards- backwards- forward sweep- reverse sweep- draw- pivot turn. <p>The above skills are taught in a manner to reduce injury and increase efficiency.</p> <p>Participant also demonstrates the ability to correct techniques to prevent injury long and short term.</p> <p>All skills and knowledge delivered is done so at a level and in a style that is appropriate for the group consistently demonstrate skills in a manner that is consistent with what you are asking of your learners and to be able to break down the physical movements either on the craft or on the shore.</p>

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Knowledge component	
Select appropriate equipment and clothing with consideration of sun sense and hypothermia.	Throughout assessment participants use appropriate equipment for the environment. This equipment is prepared in a way to not impede on safety.
Plan and navigate a 1.5 hour flatwater paddle.	Knowledge of but not limited to: <ul style="list-style-type: none">- Measuring distance;- Paddling speed;- Aiming off. Tides: <ul style="list-style-type: none">- High and Low;- Spring and neap;- Rule of twelves;- Secondary ports.
Interpret weather for a flatwater environment.	Able to identify good source for forecasts. Knowledge of but not limited to: <ul style="list-style-type: none">- Highs;- Lows;- Fronts;- Beaufort scale;- Funneling;- Fetch.
Minimal environmental impact.	Follows AC environmental code.
Knowledge and maintenance of craft.	General knowledge of what makes a craft suitable for flatwater. Must include but not limited to: <ul style="list-style-type: none">- Sound construction;- Leg Leash.
Store, operate and maintain appropriate safety and communication equipment.	Equipment to include but not limited to: <ul style="list-style-type: none">- VHF radio;- Tow line;- Mobile;- First aid kit.
AC's role, membership structure, your rights and responsibilities.	Has an understanding of AC membership structure and rights and responsibilities as a registered AC leader.

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Safety Guidelines, Minimal impact Guidelines, Risk Management Policy, Incident reporting requirements.	Has knowledge of these documents.
Hazard identification and risk management program.	Able to identify Risks and casual factors for a Sea trip and also able to identify management strategies to reduce any risks. May include: <ul style="list-style-type: none">- Separation;- Drowning;- Sunburn;- Hypothermia;- Hyperthermia.
Licensing, permits and other legal and behavioural laws and requirements	Able to give examples of any licensing, permits and other legal and behavioral laws and requirements that may be required for a trip.
Understanding of selection of launching and landing sites.	Sites must be appropriate and promote safety to group.
Maintaining log books.	Understands the purpose and contents of a logbook.
Instruction: <ul style="list-style-type: none">– correcting and training skills– training and correctional models.	Skills are taught in a method that suits participants learning, technique is adjusted if required.
Experience component	
Four trips of a minimum of 1.5 hours duration.	Produce a logbook to Australian Canoeing that shows a minimum standard of: Four trips of a minimum of 1.5 hours duration.
As an observer under training or as an assistant Instructor: <ul style="list-style-type: none">– three paddling instructional activities of at least one hour duration;– two off-water sessions.	As an observer under training or as an assistant Instructor: <ul style="list-style-type: none">– three paddling instructional activities of at least one hour duration;– two off-water sessions.

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Communication component	
Establish and maintain an effective communication system within a group of novices.	Participant stays within communication distance of the group. Communication is limited to: <ul style="list-style-type: none">- Verbal;- Whistle;- Visual.
Brief a group of novices on: <ul style="list-style-type: none">– purpose and duration of program;– expected conditions;– paddling positions;– strokes as required;– group movement requirements;– launching and landing;– actions in the event of an emergency.	Brief is clear and concise, attention of the group is gained. Recollection could be tested.
Deliver directions in a clear and concise manner.	Deliver directions in a clear and concise manner.
Debrief.	A debrief is conducted to suit the trip and group.
Instruction: <ul style="list-style-type: none">– introduce a program including expectations, aims and outcomes, timing and movements;– demonstrate an understanding of recent developments in equipment and technique.	Show clear and concise communication when delivering a program. This communication is not limited to verbal communication, but is appropriate for the participants.
Leadership component	
Manage launch and landing of a group of novices.	Launch and landing promotes safety to all involved.
Manage a group of novice paddlers on a trip, movement is based on prevailing conditions.	Group is managed in a safe manner to reach goal, assistance and direction given if and when needed. Route is managed to promote safety to group.
Manage multiple capsizes and emergencies of novice paddlers.	Rescues are managed to promote safety to all in group.
Lead a course: <ul style="list-style-type: none">– lead participants in a training course– direct staff and assistants in training courses– demonstrate on water leadership in training courses	Leadership shown is appropriate for group, Promotes safety and a good learning environment.