

# Australian Canoeing Award Scheme 2014

## Evidence Guideline

### Flatwater Skills SUP



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

<b>Skill Component</b>	
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: <ul style="list-style-type: none"><li>• correct hand placement on paddle;</li><li>• sufficient wrist movement to enable correct blade placement;</li><li>• adequate paddle depth in water to achieve effective stroke;</li><li>• correct paddle blade angle throughout stroke;</li><li>• correct paddle entry and exit points with respect to craft and body position.</li></ul>
Competently participate in self rescue: - Swim 25m with paddle - Paddle board like surf board for 50m - Climb back on board from either side or back of 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.
Safely fall off SUP.	Calm is maintained. Fall away from craft. Paddle is retained.

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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.
<b>Knowledge component</b>	
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: - Measuring distance; - Paddling speed; - Aiming off. Tides: - 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: - 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: - Sound construction; - Leg leash.

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<b>Experience component</b>	
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.
<b>Communication component</b>	
Maintain effective communication with a group.	Participant stays within communication distance of the group. Communication is limited to: - Verbal; - Whistle; - Visual.