

# Paddle Australia Qualification Scheme

## Assessment Guidelines

### Flatwater Skills - SUP



## Qualification Definition

The holder of this award has demonstrated the ability to plan and conduct personal day based activities on Flatwater areas such as lakes, dams, slow moving rivers, etc. An area should **not** be classified as Flatwater if any of the following apply:

- Rapids of any grade
- Surf (of any size) entry or exit
- An entrance structure to an estuary or embayment
- Affected by swell
- Documented tidal rips (see chart)
- Documented tidal current greater than 1 knot (see chart)
- Where the tide (rise or fall) removes a landing area or makes it unsuitable
- Distances greater than 400 metres from shore
- Fetch greater than 1 nautical mile

## Skills

### Prepare appropriate craft and equipment

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

### Secure craft for transport, secure equipment to craft

Participants transport craft to and from venue, 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 and is accessible when required

### Launch and land craft

Launching and landing to be done in both prone and kneeling positions.  
Participant launches and lands craft in a safe repeatable manner without assistance

### Perform paddle strokes

Demonstrate individual strokes to manoeuvre the craft:

- Forward and reverse paddle
- Forward and reverse sweeps
- Stopping
- Bow rudders
- Draw strokes

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

### Fall off craft

Safely fall off craft:

- Fall away from craft
- Retain paddle

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	<ul style="list-style-type: none"> <li>• Calm is maintained</li> </ul>
<b>Perform self and buddy rescues</b>	<p>Self rescue:</p> <ul style="list-style-type: none"> <li>• Swim 25m in paddling gear holding paddle</li> <li>• Paddle board 25m in prone position with arms</li> <li>• Climb back on board from either side or back of board</li> </ul> <p>Buddy rescue (rescues are performed as rescuee and rescuer):</p> <ul style="list-style-type: none"> <li>• Place person from water onto board</li> </ul> <p>Rescues are performed in a timely manner (no time wasted) and promotes safety to all involved and is deemed to work in all conditions</p>
<b>Accept a tow</b>	<p>Calm is maintained.            Craft kept in a straight line while towed.            Craft kept stable and balanced</p>
<b>Perform a tow</b>	<p>Tow another board 250m            Demonstrate:</p> <ul style="list-style-type: none"> <li>• Contact tow</li> </ul> <p>Tows are performed to promote safety to all.</p>
<b>Detach leg leash</b>	<p>Detach leg leash with one hand. Action is performed safely and easily in a quick, repeatable manner.</p>
<b>Complete an activity</b>	<p>Activity plan/brief is followed to meet time management requirements and activity goals. Plan is adjusted if and when required</p>
<b>Rope work</b>	<p>Demonstrate:</p> <ul style="list-style-type: none"> <li>• Bowline</li> <li>• Fisherman's knot</li> <li>• Round turn and two half hitches</li> <li>• Clove hitch</li> <li>• Highwayman's hitch</li> <li>• Truckies hitch</li> </ul>
<b>Individual Situational Awareness</b>	<p>Participant is able to monitor personal wellbeing as well as environmental elements that may effect all participants</p>

## Knowledge

<b>Knowledge and maintenance of craft</b>	<p>Knowledge of what makes a craft suitable for Flatwater. Must include but not limited to:</p> <ul style="list-style-type: none"> <li>• Construction</li> <li>• Material</li> <li>• Flotation</li> </ul>
<b>Select appropriate equipment and clothing</b>	<p>Clothing and equipment is selected with consideration of sun sense and other environmental influences            Throughout assessment participants use appropriate equipment for the environment.            This equipment is prepared in a way to not impede on</p>

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#### safety

**Store, operate and maintain appropriate safety and communication equipment**

Equipment to include but not limited to:

- Lifejacket (level 50)
- Leg leash
- Sufficient food and water
- Mobile phone
- Pea-less whistle
- [Safety knife](#)

**Navigational aids**

Knowledge of but not limited to:

- Latitude and Longitude/Grid reference
- Measuring distance
- Scale
- Navigational markers: Lateral, cardinal and special markers
- Tidal flow arrows
- Paddling speed
- Position fixing; e.g. dead reckoning, 3 point fix
- Aiming off
- Contour lines
- Land features such as Spur, Ridge, Saddle, Gully, Knoll, and Plateau
- Tides: High, Low, Spring, Neap, Tidal range, Rule of twelves, Secondary ports
- Able to complete a Navigation sheet

**Interpret weather**

Able to gain appropriate Bureau of Meteorology (BOM) weather forecasts (e.g. from MetEye) and warnings, and interpret how weather can influence and affect a paddling location.

Knowledge of, but not limited to:

- Winds
- Beaufort Scale
- Funnelling
- Fetch
- Effects of wind on paddling; windward, leeward
- Tidal currents
- Precipitation
- Sources of extended marine weather forecasts
- Telling signs of bad weather approaching

**Plan an activity**

Plan is developed to meet the activity goals and is appropriate for group, location and time limitation

**Minimal environmental impact**

Follows PA [Minimal Impact Guidelines](#)

**Maintain a log book**

Understands the purpose and contents of a log book  
Knowledge and use of PA's **Paddle Log** app

**Prepare a Float Plan**

Understands the purpose and contents of a Float Plan  
Knowledge and use of PA's **Paddle Prep** app

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## Communication

### Maintain effective communication with a group

Participant stays within communication distance of the group. Communication is limited to Verbal, Whistle, Visual. Communicate in a positive manner within a paddling group to help establish and maintain an enjoyable, safe experience for all group members. Act on constructive feedback.

## Experience

### Minimum log book requirement

In the previous three years:

- Five Flatwater activities of a minimum of three hours duration

## Assessment Documents

*The following documents should be produced and submitted to your Assessor prior to final assessment. Preferred format for Project is PDF.*

**Project** Plan a three hour paddle with friends in a location of your choice. The location must fit within the award definition above. Your friends have similar skills, experience and knowledge to you. Prepare:

- A simple route plan for the trip including main route, stops and contingencies
- An equipment list for the trip, taking into consideration sun sense and hypothermia precautions
- A basic contingency plan in the event of environmental, human or equipment failure

Look at the Bureau of Meteorology site and choose a forecast for the location that will have an impact on your trip. Write down or print out that forecast. Analyze how the forecast conditions will affect your trip and outline any changes or precautions you might take