

AMERICAN CANOE ASSOCIATION
Coastal Kayaking – Level 1 Skills Assessment

ASSESSOR: Level 2 Essentials Kayak Instructor Trainer or Level 4 Open Water Instructor

VENUE: Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

General purpose kayak or sea kayak equipped with suitable floatation, deck lines (recommended) and grab loops

PFD, paddle, food, drink, spare clothing and whistle

Clothing suitable for immersion and appropriate to the conditions

STROKES & MANEUVERS

LIFTING ~ CARRYING: Good, safe technique

LAUNCHING: Low dock, or bank, for entering boat

EFFICIENT FORWARD PADDLING: 100 yards in a reasonably straight line

STOP: Stop the kayak from a good speed, forwards and reverse

REVERSE: 25 yard paddle with reasonable control, looking over shoulder

ROTATE 360° ON THE SPOT: Spin kayak using full forward and reverse sweeps

TURNING ON THE MOVE: Sweep strokes underway to turn boat

FIGURE OF 8: Paddle a figure of 8 course using a variety of strokes

LANDING: Return to dock or bank and exit boat

DRAW SIDEWAYS: Move the boat sideways 10 feet, both sides

RUDDERING: Trailing paddle to keep the boat straight at reasonable speed

PREVENTING A CAPSIZE: Low brace recovery to prevent off balance boat from capsize

RESCUE & RECOVERY

WET EXIT: - Capsize and wet exit, swim boat to shore and empty

KAYAK TRIPPING

ONE DAY TRIP: Evidence of at least one day trip of at least 3 nautical miles

TECHNICAL KNOWLEDGE

EQUIPMENT: Have a working knowledge of paddling equipment

SAFETY: Understand the dangers of kayaking and how to avoid trouble

HYPOTHERMIA ~ HYPERTHERMIA: Know symptoms and treatment

ENVIRONMENT ISSUES: understand ecology, seamanship and water sense

TRIP PLANNING: Comfortable in preparing for a short day trip

GROUP AWARENESS: Familiar with whistle and paddle signals and group dynamics

GENERAL: Familiar with the different disciplines of paddle sport

SECURING BOATS TO RACK: Attach kayak to rack using rope and suitable knots, or straps

AMERICAN CANOE ASSOCIATION
Coastal Kayaking – Level 2 Skills Assessment

ASSESSOR: Level 3 Coastal Kayak Instructor Trainer or Open Water Instructor

VENUE: Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

General purpose kayak or sea kayak equipped with suitable floatation, deck lines and grab loops
PFD, spray skirt with release strap, paddle, food, drink, spare clothing, whistle
Clothing suitable for immersion and appropriate to the conditions

STROKES & MANEUVERS

LIFTING ~ CARRYING: Good technique with a variety of options

LAUNCHING: Low dock or bank

EFFICIENT FORWARD PADDLING: 200 yards paddle in a reasonably straight line

EFFICIENT REVERSE PADDLING: 50 yards paddle in a reasonably straight line

STOP: Stop the kayak from a good speed, forwards or reverse

ROTATE 360° ON THE SPOT: Spin kayak using full forward and reverse sweeps

PADDLE A FIGURE OF 8 COURSE: Using reasonable control

DRAW SIDEWAYS: Move the boat sideways 15 feet with good directional stability

PREVENT CAPSIZE: Effective low and high braces, with boat well off balance

RUDDERING: Trailing stern rudder to keep the boat straight at reasonable speed

TURNING ON THE MOVE: Sweep strokes while underway to turn boat

LOW BRACE TURN: A sweep stroke followed by a low brace with inside tilt to assist efficiency

LANDING: At low dock/bank under control without use of paddle and no damage to boat or bank

RESCUE & RECOVERY

WET EXIT: Capsize and wet exit with sprayskirt, knows emergency procedure w/o grab loop

DEEP-WATER RESCUE: Assisted drain and re-enter both as victim and rescuer

SWIM RESCUE: Swim to shore (25 yards) in full paddling gear and drain boat

RAFTING UP: For stability

PADDLE FLOAT SELF RESCUE: Demonstrate self rescue using a paddle float

DEVELOPING SKILLS (not required to pass)

SCULLING DRAW: Comfort with good paddle articulation

BOW RECOVERY: Assisted recovery as victim and rescuer, using partners bow or stern to right the capsized kayak

EDGING ~ BOAT TILT: Paddle a circle while edging both on and offside

SCULLING FOR SUPPORT: Support from proper blade articulation and rotation

KAYAK TRIPPING

ONE DAY TRIP: - Show evidence of at least one day trip of at least 5 nautical miles

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TECHNICAL KNOWLEDGE

EQUIPMENT: Have a working knowledge of paddling equipment

SAFETY: Understand the risks of kayaking and avoidance possible

HYPOTHERMIA ~ HYPERTHERMIA: Recognition and treatment

ENVIRONMENTAL ISSUES: Leave No Trace etc, ecology

TRIP PLANNING: Comfortable in preparing for a short day trip

GROUP AWARENESS: Familiar with whistle and paddle signals

GENERAL: Familiar with the different disciplines of paddle sport, seamanship

SECURING BOATS TO RACK: Attach kayak to rack using rope and suitable knots, or straps