

Australian Canoeing Award Scheme 2014

Evidence Guideline

Flatwater Skills



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.	Participant launches and lands in a safe repeatable manner.
Paddle the craft efficiently in moderate winds: – forwards, backwards, sideways and turning; – using correct forward, reverse, draw and sweep strokes. Show efficient use of low supports.	Strokes: - Forward and reverse paddle - Forward and reverse sweeps - Draw strokes(feathered and sculling) - Stern Rudder - Stopping - Support using back of blade 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 and buddy rescues as rescuee and rescuer: Buddy rescue: - Wedge rescue/T rescue. Self-rescue: - Swim to shore with craft and gear.	Rescues are performed as rescue and rescuer were applicable. Rescue technique must be deemed to work in all conditions Rescue is performed in a timely manner (no time wasted) and promotes safety to all involved.
Competently perform a tow: - Single tow - In line tow	Calm is maintained. Craft kept in a straight line while towed. Craft kept stable and balanced.

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Form into and disperse from a raft.	A raft is formed in a timely manner (no wasted time) and promotes safety to all involved.
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
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 three hour flatwater paddle.	Knowledge of but not limited to: - Latitude and Longitude/ Grid reference; - Measuring distance; - Paddling speed; - Contour lines; - Aiming off. Tides - High and Low; - Spring and neap; - Rule of twelves; - Secondary ports Able to complete a Navigation sheet.
Store, operate and maintain appropriate safety and communication equipment.	Equipment to include but not limited to: - Lifejacket; - Spare paddle; - Mobile phone; - Hand pump; - VHF radio; - Tow line;
Interpret weather for a flatwater environment.	Able to identify good source for forecasts. Knowledge of but not limited to: - Highs; - Lows; - Fronts; - Beaufort scale;

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	<ul style="list-style-type: none">- 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;- Flotation;- Grab handles.
Experience component	
Six trips of a minimum of three hours duration.	Produce a logbook to Australian Canoeing that shows a minimum standard of: Six trips of a minimum of three hours duration.
Communication component	
Maintain effective communication with a group.	Participant stays within communication distance of the group. Communication is limited to: <ul style="list-style-type: none">- Verbal;- Whistle;- Visual.