

ACA LEVEL 3 Kayak Award

ASSESSOR

Coastal Kayak Open Water Instructor Trainer

VENUE

Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

- Sea kayak equipped with suitable floatation, deck lines & grab loops.
- PDF, spray skirt with release strap, paddle, food, drink, spare clothing, whistle.
- Clothing suitable for immersion and appropriate to the conditions
- First Aid kit.

STROKES & MANEUVERS

LAUNCHING AND LANDING:

efficient technique on a variety of low and high put-ins.

EFFICIENT FORWARD PADDLING:

500 meter paddle with clear body rotation, directional control, and ability to change pace.

EFFICIENT REVERSE PADDLING:

over a figure of 8 course with good boat control, using a variety of strokes.

TURNING ON THE MOVE:

quickly turn with minimum speed loss, start with a bow sweep.

- Low brace turn with onside tilt

- High brace turn with onside tilt

- Bow rudder with on and offside tilt

ROTATE 360° ON THE SPOT:

spin kayak using boat tilt and forward and reverse sweeps.

EDGING / BOAT TILT:

edging for assist in turning- turn a circle with full sweep strokes and gunnel deep offside edge to assist turn. Forward and Reverse.

RUDDERING:

trailing stern rudder to keep the boat straight at reasonable speed, adjusting direction both left and right with paddle on either side.

DRAW SIDEWAYS:

move the boat sideways 5 meters using good directional stability with:

- Draw to the hip

- Sculling draw

- Draw on the move- forward and reverse

- Sideslip / hanging draw- forward and reverse

PREVENT CAPSIZE:

efficient low and high brace recovery on both sides with the boat moving and off balance to the waist followed by forward paddling.

SCULLING FOR SUPPORT:

low and high positions with good blade articulation.

RESCUE & RECOVERY

WET EXIT:

comfortable capsize and wet exit with sprayskirt attached.

SELF RESCUE:

using a technique such as re-entry and roll, paddle-float reentry, paddle-float reentry and roll, cowboy rescue/ scramble.

DEEP WATER RECOVERY:

assisted drain and re-enter both as victim and rescuer.

TOWING AND TOWLINE USE:

understand tow systems and their dangers, be able to tow a victim without help, and demonstrate emergency release of the tow.

CONTACT RESCUES:

demonstrate ability to tow or push another kayaker a short distance without use of a tow line.

SWIMMER RESCUE:

stern toggle tow, bow push, and back-deck.

ESKIMO RESCUE:

confident capsize and rescue both as victim and rescuer using bow, stern and paddle presentation techniques.

BEGINNINGS

KAYAK ESKIMO ROLL:

come up within three attempts using a standard kayak roll. Half roll is acceptable

CURRENT/WIND/ROUGH WATERS:

evidence of maneuvers, rescue and recovery techniques in more challenging conditions as well as an understanding of basic hydrology.

NAVIGATION:

basic chart and compass use and basic navigation skills

SEAMANSHIP:

basic knowledge of rules of the road, weather conditions and effects.

LEADERSHIP:

basic understanding of group leadership in mild conditions.

KAYAK TRIPPING

THREE-DAY TRIPS:

Show evidence of at least three day trips of at least 10 nautical miles.

TECHNICAL KNOWLEDGE

EQUIPMENT:

have a working knowledge of all paddling equipment.

SAFETY:

understand the dangers of exposed kayaking and how to avoid trouble.

HYPOTHERMIA / HYPERTHERMIA:

good understanding of body heat control.

FIRST AID/ CPR:

basic first aid knowledge and current CPR card.

ENVIRONMENTAL ISSUES:

understand ecology, seamanship and water sense.

TRIP PLANNING:

comfortable in preparing logistics for a long, exposed day trip.

GROUP AWARENESS:

familiar with whistle and paddle signals, group dynamics and safety.

CAR- TOPPING AND CARRYING:

good transport technique with a variety of options and knots.