

ACA Level 4 Sea Kayak Award Assessment

ASSESSOR

- Coastal Kayak Open Water Instructor Trainer or OW Instructor also Coach 3, A1!

VENUE

Open water, wind to 11-16 knots, surf to 3 feet (1 Meter), current to 3 knots ~

KAYAK & EQUIPMENT

- Sea kayak equipped with suitable floatation, deck lines and grab loops
- PFD, helmet, spray skirt with release strap, paddle, spare paddle, whistle
- Food, drink, and warm drink
- Spare clothing/ shelter
- Paddle clothing suitable for immersion, appropriate for the conditions
- First Aid kit
- Repair kit

STROKES & MANEUVERS ON OPEN WATER

- LEVEL 3 AWARD:** any elements from your prerequisite L/3 award
- LAUNCHING AND EMBARKING:** good technique with boat floating in a variety of conditions / scenarios
- EFFICIENT FORWARD PADDLING:** 500 yards paddle with good body rotation, and control over pace and direction
- EFFICIENT REVERSE PADDLING:** over a figure of 8 course with good boat control and variety of strokes
- TURNING ON THE MOVE:** quickly turn, with minimum speed loss, starting with a forward sweep
 - Low brace turn** with onside tilt
 - High brace turn** with onside tilt
 - Bow rudder** with tilt
- ROTATE 360° ON THE SPOT:** spin kayak using deep offside boat tilt and full sweeps
- EDGING ~ BOAT TILT:** edging to assist in turning with sweep strokes and gunnel deep offside edge. Forward and reverse
- RUDDERING:** trailing stern rudder to keep the boat straight at reasonable speed in following seas with paddle kept on one side (demonstrate both sides)
- DRAW SIDEWAYS:** move the boat sideways 15 feet using good directional stability with
 - Hip draw**
 - 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

NEGOTIATE MODERATE WIND AND SEA CONDITIONS:

- Paddling comfort with all above techniques in moderate sea conditions
- Demonstrate ability to paddle in a head sea, beam sea, quartering sea and following sea
- Demonstrate ability to turn up and down wind efficiently
- Demonstrate ability to hold position

NEGOTIATE MODERATE SURF:

- Launch and land forwards under control (without being surfed)
- Launch and land backwards under control (without being surfed)
- Hold position in surf
- Surf, broach and side surf

NEGOTIATE MODERATE CURRENT: (3 knots)

- Comfort establishing a ferry angle- forward and reverse
- Control in peeling out and eddy turns

RESCUE & RECOVERY

- WET EXIT:** comfortable capsize and wet exit in rough conditions/ current
- SELF RESCUE:** re-enter kayak in rough conditions without assistance and pump out boat
- ASSISTED RESCUE:** demonstrate efficient assisted drain and re-enter in rough conditions as victim and rescuer
- SOLO TOWING:** tow a victim without help in rough conditions making appropriate use of long and short tow line and demonstrate emergency release of the tow
- ASSISTED TOWING:** tow a victim with help from a third kayaker to provide stability
- ASSISTED TOWING:** tow a victim with help from a third towing kayaker to provide propulsion
- RAFTING:** demonstrate ability to raft up with another kayaker to provide stability in rough conditions
- CONTACT TOWING :** demonstrate ability to tow or push another kayaker without use of a tow line in rough conditions
- BOW / STERN/PADDLE ASSISTED RECOVERY:** confident capsize and rescue both as victim and rescuer using bow, stern and paddle presentation techniques in rough conditions
- KAYAK ROLL:** roll without a set-up, come up within three attempts in conditions
- RE-ENTER AND ROLL:** come up within three attempts
- LEADERSHIP:** ability to lead a group in moderate conditions

KAYAK TRIPPING

- THREE DAY TRIPS:** Show evidence of at least three all day trips of 12-15 nautical miles in a variety of conditions

- ❑ **ONE MULTI-DAY TRIP:** Show evidence of at least one multi-day journey involving overnight camping

TECHNICAL KNOWLEDGE & SEAMANSHIP

- ❑ **EQUIPMENT:** have a working knowledge of all paddling and safety equipment
- ❑ **SAFETY:** understand the risks of exposed kayaking and how to avoid/manage trouble
- ❑ **HYPOTHERMIA ~ HYPERTHERMIA:** good understanding recognition, avoidance and treatment
- ❑ **1st AID/ CPR:** basic knowledge, strongly recommend WFA as a minimum
- ❑ **ENVIRONMENTAL ISSUES:** LNT understand ecology, conservation
- ❑ **TRIP PLANNING:** comfortable in preparing logistics for a long, exposed day trip
- ❑ **GROUP AWARENESS:** familiar with whistle and paddle signals, group dynamics and safety
- ❑ **GROUP LEADERSHIP:** familiar with group management practices in moderate conditions
- ❑ **GENERAL:** Marine environment, understanding the effects of wind, tide, land masses and current on paddlers.
- ❑ **KNOTS:** tie a bowline, figure 8, clove hitch, round turn and 2 half hitches, trucker hitch
- ❑ **REPAIRS IN THE FIELD:** demonstrate use of repair kit
- ❑ **PACKING ~ TRIMMING:** loading a kayak for a multi-day journey
- ❑ **NAVIGATION:** chart reading and plotting, symbols, depths, drying heights, hazards, bouyage, tidal / current predictions, selection of escape routes, use of ranges and line of position (LOP)
- ❑ **COMPASS USE:** taking bearings, fixing position and following heading for course made good.
- ❑ **COAST GUARD:** demonstrate knowledge of rescue tools and how to use them, include use of radio, flares and other signals
- ❑ **WEATHER:** know sources of weather forecasts and understand how to interpret them
- ❑ **LOCAL CONDITIONS:** familiarizing and understanding the local paddling area, local traffic and potential hazards
- ❑ **SEAMANSHIP:** Rules of the road, including collision regulations, light and sound signals