## Level 3 Flatwater Racing Skills

## General aims

* The Level 3 Flatwater Racing Skills Award aims to enable participants to
  + To prepare the candidate for sprint and marathon racing competition and prepare for high performance racing on flat water or rivers where there are obstacles.
  + Controlling the speed of the boat whilst paddling over a race distance.
  + Foster further participation in sprint and marathon competitions.

## Requirements

* Candidates must hold a minimum of Level 2 Skills Award.
* Candidates must have competed in a minimum of 3 sprint or marathon races.

**Equipment**

* The assessment should be taken in a single racing boat which has sufficient buoyancy to remain afloat in a capsize
* BOAT - Single K1/C1 Racing boat
* PADDLES - for canoe: Flat paddle / for kayak: Wing paddle.

**Skills**

## Sprint 50m from a standing start, increasing speed throughout

* Demonstrate positive balance and trim over 100m
* Demonstrate balance by various exercises
* Paddle 1000m in a straight line, turn and paddle back
* Demonstrate the ability to wash-hang
* Turning, demonstrate the ability to turn 180 degrees using the rudder
* Demonstrate ability to start a simple race of 4 boats

***Safety***

* Capsize and swim to the bank with all equipment
* Assist a swimmer to the bank
* Assist in retrieving a swimmer’s boat

***Theory***

Demonstrate a basic level of the following physiological principles as they affect novice competitors[[1]](#footnote-1)

* Components of fitness
* Principles of Training
* Energy Systems
* Warm-up / Cool Down
* Injury prevention and recovery
* Nutrition and the use of complementary performance enhancing supplements for paddlesport
* Strength Training and Conditioning

## Assessment

* All techniques, skills and rescues must be demonstrated to an assessor's satisfaction in order to achieve this award.
* No part of an assessment can be taken in a swimming pool. All assessment criteria must be demonstrated outdoors on water of Grade 1 difficulty.
* Generally, required assessment rescues will be kept until the end of an assessment.

## Assessment Guidelines

* It is recommended that a Level 3 Flat-water Racing Skills Award is assessed by a coach other than the coach who normally trains the candidate leading to assessment
* The Level 3 Flatwater Racing Skills Award can only be assessed by a currently registered Canoeing Ireland Level 2 Flatwater Coach.
* The assessment will be carried out with a maximum of four candidates to one assessor.
* Generally guidelines will be given, should a candidate fail an assessment, as to the areas that they need to improve on.

Notes for Level 3 Flatwater Racing Skills Awards

#### *Safety Rules of Canoeing*

1. You must be able to swim.

1. You must always wear a buoyancy aid.
2. You must always ensure that there is adequate kayak buoyancy.
3. You must never canoe alone.

#### *Entry and Exit*

Can be carried out with or without the use of paddles, depending on what is most appropriate to the situation.

If a spray deck is used it must be fitted

#### *Balance Exercises*

The following are examples of exercises to demonstrate balance and should be carried out without capsizing

* Paddle with the feet in the water.
* Throw the paddle in front of the kayak: kayak and paddle with the hands to the paddle, continue paddling and repeat at least three times.
* Paddle with the paddle upside down.
* Paddle with the hands – forward, backwards and sideways.
* Paddle with straight arms.
* Paddle with closed eyes.

#### *TURNING*

* The turn should demonstrate good use of the rudder.
* The turn should be completed without breaking the normal forward stroke in a turn with a radius of about 20m.

#### *Starter Duties*

* Identify the best place for the starter to be positioned and have a good mark to decide on false starts.
* Line up 4 paddlers at the start of a race.
* Take responsibility for decisions about false starts.
* Able to give right orders to start the race as indicated by the assessor.

#### *WASH-hanging*

* The candidate should maintain paddling rhythm
* The candidate should maintain the appropriate distance from the other boat
* Wash-hanging should take place on both sides of the boat

1. **Novice Competitor** A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition. [↑](#footnote-ref-1)