

# Award Competencies Outline

## *Level 2 Canoe Skills Award*

### General Aims

The Level 2 Canoe Skills Award aims to enable participants to

- Canoe safely and competently on flat water, Grade I rivers, very sheltered open water areas as a member of a group of peers.
- Be able to carry out basic safety techniques with the assistance of another member of the group or the person in the water.
- Be able to safety plan and carry out a trip in a flat-water environment considering all relevant factors.
- For level two skills holders U-18 it is recommended that these paddlers be supervised by a person over the age of 18 who has suitable experience.

### Requirements

- To obtain the Level 2 Canoe Skills Award, a participant must successfully explain and/or demonstrate the following techniques and skills.
- The participant should be capable of carrying out all the strokes in either double or solo canoe (where the stroke is relevant).

### Strokes

- Forward Paddle,
- Reverse Paddle
- Stop.
- An ability to turn the canoe through 360 degrees in both directions using a combination of Forward and Reverse Sweep Strokes. Or other appropriate strokes
- Simple Draw Stroke
- Simple Pry.
- Brace.



### Techniques

- An ability to enter and exit a canoe correctly.
- Trim
- Leaning
- Turning on the move

### Rescues and Safety Techniques

- Capsize Drill.
- An ability to do an X Rescue or curl rescue with assistance.
- An ability to assist a swimmer get back into the canoe
- Be able to carry out a simple tow (without equipment)
- Knowledge of (can talk through) the use of a tow using equipment or painter.

### Theory

- Be able to list the basic safety rules of Canoeing.
- Describe how to contact the emergency services.
- Be able to outline the weather and environmental factors that affect a canoeing session, including be able to identify the following: General Weather Outlook, wind direction and speed, air temperature and water conditions.
- Be able to list the aspects of good group management and identify, explain, and give examples of the CLAP concept of group management.
- Be able to list the most important factors of trip planning.

