

# Award Competencies Outline

## *Level 2 Kayak Skills Award*

### General aims

The Level 2 Kayak Skills Award aims to enable participants to:

- Kayak safely and competently on flat water, Grade I rivers, very sheltered coastal 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 Kayak Skills Award, a participant must successfully explain and/or demonstrate the following techniques and skills:

### Strokes

- Forward
- Reverse
- Emergency 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
- Low Brace

### **Techniques**

- Entry and exit of the kayak
- Edging/ leaning
- Turning on the moving
- Edging/ leaning while moving

### **Rescues and Rescue Techniques**

- Capsize drill.
- T rescue or paddle presentation
- X rescue (as a swimmer)
- X rescue (as a rescuer with assistance)
- Simple tow (without equipment)
- Knowledge of (can talk through) a tow using equipment.

### **Theory**

- Be able to list the basic safety rules of canoeing.
- Describe how to contact the emergency services.
- Be able to outline weather and environmental factors that affect a kayaking session including be able to identify the following: General weather outlook, wind direction and speed, air temperature and water conditions for in land water or coastal water.
- 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 to trip planning.