

# **Technical Guidance Document**

## *Level one Kayak Skills*

### **Safety Rules of Canoeing**

- You must be able to swim.
- You must always wear a buoyancy aid.
- You must always ensure that there is adequate kayak buoyancy.
- You must never canoe alone.
- Always carry a means of communication on your person (i.e., mobile phone or vhf)

### **Entry and Exit**

Entry and exit with or without the use of a paddle is acceptable.

### **Forward Paddling**

Sitting up tall in the boat, always look to where you want to go, paddle blade enters the water at your feet and is taken out at your seat. Some directional instability is allowed for, but a participant must be able to maintain reasonable straight for at least 25 metres.

### **Reverse Paddling**

Sitting up tall in the boat. Using back of paddle blade push away from your seat towards your feet. A wider stroke than that used for forward paddling is permissible. After every second or third stroke look over your shoulder to ensure there are no hazards or obstacles on your current path. Some directional instability is allowed for, but a participant must be able to maintain reasonable directional stability for at least 25 metres.

### **Stopping**

A participant should demonstrate an ability to stop when moving forward and in reverse. While the boat has momentum heading forward or in reverse, use three or four quick, short, but powerful strokes to bring the boat to an emergency stop (if going forward 3 back strokes, if backwards 3 forward strokes). Leaving the paddle blade in the water too long can cause the boat to turn.

### **Forward and Reverse Sweep Stroke**

There should be an efficient use of the paddle in turning. Wide strokes, full arm extension, on the side the sweep stroke is being performed, from entry till exit – think about making a C shape or semi-circle from one end of the boat to the other.

### **Capsize Drill**

The capsize and exit should be carried out in water of sufficient depth adjacent to the shore/bank. Capsize the boat and loudly bang 3 times on both sides of the kayak to draw attention. Then place hands on the boat either side of your hips, bring your knees together and push away with your feet.