

Certification Pathway/Assessment Guidelines

Sit-on-top Flat Water Skills Award

Assessment

- During an assessment all techniques and skills 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 flat water (i.e. water of Grade I difficulty).
- It may not be feasible for a junior or disabled person to assist fully in the self-rescue - such candidates should, however, have a full understanding of the correct sequence of each of the required rescues and have some role to fulfil in the completion of these rescues.
- All strokes should be demonstrated in relevant situations i.e. use of a simple draw stroke to manoeuvre the Sit-on-Top to the bank. Strokes should be demonstrated on both sides of the Sit-on-Top.
- The Sit-on-Top Flat Water Skills Award is not a compulsory pre requisite for any subsequent Canoeing Ireland skills awards.
- No age restriction applies to this award.

Assessment Guidelines

- The Sit-on-Top Flat Water Skills Award can only be assessed by a currently registered Canoeing Ireland Kayak Instructor who is at minimum a Level 2 Kayak Instructor.
- The assessment will be carried out with a maximum of six candidates to one assessor. However, a ratio of 4:1 is preferable.
- All required assessment rescues are kept until the end of an assessment.
- Generally guidelines will be given, should a candidate fail an assessment, as to the areas that they need to improve on.