



SEA KAYAK LEVEL 1 DISCOVERY AWARD

Expectations:

I can control a kayak safely in L1 conditions. I am ready to join a trip led by a certified leader/instructor. I know the basic safety rules of kayaking. I can demonstrate the fundamental paddle strokes and am aware of kayaking equipment and its purpose. I understand how to leave no trace of my presence on the seashore. I can identify the next step involved in the Canoeing Ireland Sea Kayak Skills Awards.

Level 1 Conditions

Coastal features: Small enclosed bays or harbours with a minimum of marine traffic where there is minimal possibility of being blown offshore. Defined launch and recovery area (a short section of beach/pier/slipway with easy landing, no tide races or overfalls).

Wind (Beaufort):	F0-2
Sea state (Met Éireann):	Calm (0 - 0.1m significant wave height)
Surf:	N/A
Flow:	N/A
Open crossings:	N/A

Modules and Skills



SHORE BASED TRIP PLANNING

- Obtain marine-based weather forecasts using a variety of media.
- Obtain High Water and Low Water times and heights.
- Describe one effect of each of: on-shore, off-shore and cross-shore breezes.
- List one difference between O.S. maps and charts for use in sea kayaking.
- Interpret the meaning of the different colours on a marine chart.
- Interpret the depths on a chart.



EQUIPMENT KNOWLEDGE

- Perform a basic boat check ensuring adequate buoyancy and sea worthiness.
- Explain the need to carry a means of communication, e.g. a mobile phone in a waterproof pouch.
- Identify the characteristics of a PFD suitable for sea kayaking.
- Differentiate between a sea kayak, river kayak, and sit-on-top (SOT) kayak.



BOAT-HANDLING SKILLS

- Demonstrate how to carry a sea kayak safely on land.
- **Kayak entry and exit, launching and landing:** Enter and exit a sea kayak appropriately.
- **Forward paddling:** Paddle a sea kayak in a straight line for 20 metres and be aware of using the whole body to efficiently move the sea kayak.
- **Reverse paddling:** Reverse a sea kayak for 20m.
- **Stopping:** Stop a sea kayak in a straight line (both paddling forward and reversing).
- **Staying upright:** Demonstrate a slight edge or lean while stationary. Explain the relationship between body position (forwards and backwards) and boat balance.



Modules and Skills



BOAT-HANDLING SKILLS

- **Turning on the spot:** Forward sweep stroke to initiate a turn. Reverse sweep stroke to initiate a turn,
- **Turning on the move:** Use sweep stroke/s to turn the sea kayak at least 45 degrees around an obstacle while still maintaining some forward momentum.
- **Moving sideways:** Paddle a sea kayak sideways for 1 metre.



PADDLING IN WIND

- Identify which way the observed wind is pushing the kayak.



SELF-RESCUE AFTER CAPSIZE

- Demonstrate a controlled capsize drill using a spraydeck (capsize, bang 3 times on the hull, wet-exit).
- Swim 5m towing your kayak.
- Explain why it is important to maintain contact with the kayak after a capsize.



TEAM RESCUES

Assisted rescue after capsize:

- Be an active participant in being rescued in deep water.
- Recite the basic safety rules of kayaking - personal buoyancy, ability to swim and always paddle with others.
- Explain the importance of staying close to other paddlers in case of emergency.

Towing:

- Make a raft with at least two other paddlers and demonstrate how to leave a raft.
- Perform a contact tow for a distance of 10 metres using no equipment.



SCENARIO MANAGEMENT

- Follow a route led by a leader or instructor. Explain why not to cut across a corner.
- Be aware of the **CLAP** principle -
 - Communication:** ability to share information without speaking.
 - Line of sight:** always being in visual contact with members of the group to enable communication.
 - Avoidance:** recognition and avoidance of common hazards.
 - Positioning:** for best effect to enhance self and group safety, communication, and line of sight.
- Identify three different ways of summoning outside assistance in the event of needing rescue. (waving arms, whistle, shouting).



ENVIRONMENTAL AWARENESS

- List 3 ways that sea kayakers can ensure they Leave No Trace on the environment.
- Name and identify one type of each of the following: a seal, seabird and shoreline plant.



Craft, Training and Assessment

Craft: A seaworthy sit-in sea kayak of adequate buoyancy, fitted with fore and aft toggles, deck lines (perimeter lines) fore and aft, with a minimum of one bulkhead, and hatch. Skogs and rudders are acceptable when used appropriately.

Training course entry requirements: No minimum entry requirements. Open to everyone.

Duration of training course (indicative guidelines): Recommended 7-14 hours contact time with a qualified instructor. Obtain a Canoeing Ireland Sea Kayak L1. Discovery Award Paddler Profile from the Canoeing Ireland website at canoe.ie or their instructor.

Assessment: Continuous assessment throughout the training course.

Assessments do not have binary pass/fail outcomes, the instructor/s sign off the paddler's module/s where they have met the required standard, and provides feedback to the paddler on module/s where they are 'not there yet'.

Certification: When all the required sections of your Canoeing Ireland Sea Kayak Paddler Profile have been signed off by the instructor/s, you must ask the final instructor to apply for certification. Canoeing Ireland then award the Sea Kayak Level 1. Discovery Award Certificate to you.