

# SEA KAYAK LEVEL 3 EXPLORER AWARD

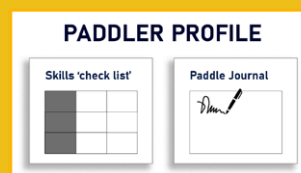
## Expectations:

I can join a group of peers on a day-long trip. I can plan a trip incorporating weather, navigation and tidal information. I can assist a suitably qualified sea kayaker in group management and rescues. I have access to the necessary equipment. I have the skills to safely manage my kayak on coastal trips in L3 conditions. I can launch and land in small surf. I can rescue myself unassisted from a capsize in deep water.

I understand the effects of wind, wave, tide and coastal features on the sea kayak. I can summon outside rescue assistance. I understand how to reduce my impact on the environment and wildlife while sea kayaking. I can identify the next step involved in the Canoeing Ireland Sea Kayak Skills Awards.

I am eligible to enter the following:

- Sea kayak Club Leader pathway.
- Sea kayak Instructor scheme.
- Level 4 Adventure Award training course.



## Level 3 Conditions

**Coastal features:** Coastal areas within 1 nautical mile of shore. Launching and landing from beaches with no greater than 0.5m broken waves.

<b>Wind (Beaufort):</b>	F0-4
<b>Sea state (Met Éireann):</b>	Slight (0.5 - 1.25m significant wave height)
<b>Surf:</b>	≤ 0.5m broken waves
<b>Flow:</b>	Tidal streams and overfalls of less than 2kn
<b>Open crossings:</b>	N/A

## Modules and Skills



### SHORE BASED TRIP PLANNING

- Use the Met Éireann sea area forecast and other complementary weather forecast sources to ascertain wind direction, wind strength, likelihood of precipitation, estimate temperature and apply these aspects of the weather forecast to a marine chart or OS map of the area they intend to paddle.
- Explain the cause and effect of a sea breeze.
- Obtain the time and height of high water and low water in their area and then transfer this to a marine chart or OS map detailing the effect the tide will have on their intended trip.
- Explain and apply the 50/90 rule and the Rule of Twelfths.
- Explain the term 'Slack Water'.
- Recognise areas on a chart where wind and tide oppose each other and discuss the challenges to sea kayakers which this effect may pose.
- Obtain a swell forecast and estimate the effect of the swell on an intended trip at sea.
- Combine the forecasted effects of weather, tides and swell to plan a basic trip at sea including waypoints, distances between waypoints, direction of wind relative to each leg between waypoints, and effect of the tide on each leg between waypoints.

# Modules and Skills



## SHORE BASED TRIP PLANNING

- Plot a compass course between two waypoints.
- Calculate the distance between two waypoints.
- Estimate a time to paddle between two waypoints.



## EQUIPMENT KNOWLEDGE

- Demonstrate a check on their own equipment to ensure sea worthiness.
- Demonstrate the equipment a sea kayaker at this standard should wear to be safe at sea when kayaking in Ireland.
- Differentiate and explain the difference between different types of personal protective equipment for sea kayaking. e.g. wetsuit/drysuit, neoprene spray-deck/fabric spray-deck, buoyancy aid, adequate footwear/booties, different types of paddles, different types of sea kayaks, and the application and use of helmets.
- Explain the use of the equipment a sea kayaker should carry to keep themselves safe on the sea when paddling in Ireland dealing with the following situations: **1.** Fix a broken boat, **2.** Provide alternate means of propulsion, **3.** Deal with hypothermia, **4.** Deal with an injury, **5.** Provide spare food and drink, **6.** Contact emergency services.
- Stow safety equipment in a manner such that it can be deployed effectively when/if necessary.
- Be conversant with the uses and limitations of electronic navigation and communication aids.



## BOAT-HANDLING SKILLS

- Demonstrate a 4-person carry of a heavy kayak using straps/slings.
- **Kayak entry and exit, launching and landing:** Launch a sea kayak using the 'float boat' technique (forwards and backwards). Land a sea kayak using the 'float boat' technique (forwards and backwards).
- **Forward paddling:** Demonstrate methods of forward paddling using all-body involvement for acceleration, manoeuvrability, paddling long-distance and stability.
- **Reverse paddling:** Steer a kayak while reversing around an obstacle.
- **Stopping:** Stop the sea kayak in a straight line within 4 strokes and turn the kayak to face the conditions .
- **Staying upright:** Apply a low brace for support in a practical context.
- **Turning on the spot:** Combined sweep strokes showing full torso rotation. Pivot turn using a combination of reverse and forward sweep strokes while holding an edge to facilitate an efficient turn.
- **Turning on the move:** Apply a medium to high edge and/or lean to enable efficient steering while paddling forward. Apply a turn on the move in its correct context. Turn is initiated by a forward sweep stroke, edge/lean the kayak, and maintain speed or low brace. Apply a back-face stern rudder while running downwind. Demonstrate an effective bow rudder.
- **Moving sideways:** Use a sculling draw stroke to move the sea kayak sideways. Demonstrate a hanging draw.



## PADDLING IN WIND

- Paddle effectively in headwind, tailwind and beam wind, and counteract weathercocking or leecocking.



## Modules and Skills



### PADDLING IN SURF

- Paddle a kayak across small surf and perform an appropriate support stroke to stay upright.
- Perform a beach landing in small surf by following the back of a wave to control speed and direction.
- Catch a wave before letting the boat bongo slide in the broken wave while holding stability with a low brace for support.
- Hold position inside the impact zone and identify the best time to paddle out past the breaking waves.
- Paddle through the broken waves and take a position outside the impact zone.
- Perform a pivot turn to line up a sea kayak to catch a wave.
- Observe other water users in the area and maintain a safe distance from others when surfing.
- Identify rip and cross shore currents.



### PADDLING ROCKY SHORES

- Demonstrate an ability to make sound judgement based on their skill level and the dynamic nature of the white water found at the shoreline.
- Apply an edging/leaning turn, and a pivot turn in the correct context.
- Apply sound timing to navigate through, between and over obstacles found on the shoreline.
- Work as part of a team of sea kayakers to navigate shorelines safely applying the **CLAP** principle at all times:
  - **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 of and avoidance of common hazards at this level.
  - **Positioning:** For best effect to enhance self and group safety, communication, and line of sight.



### PADDLING IN FLOW

- Break into a flow.
- Break out of a flow.
- Ferry-glide across a flow.



### SELF-RESCUE AFTER CAPSIZE

- Perform a kayak roll on any one side, demonstrating good technique (i.e. technique that involves the whole body and which protects the shoulders).
- Perform a self-rescue in deep water after exiting the kayak. This can be performed using a paddle float, cowboy rescue or roll.
- Defensively and offensively swim using the paddle in a benign dynamic environment such as a shoreline or small surf.
- Paddle a swamped kayak to a beach and empty it.



## TEAM RESCUES

- **Assisted rescue after capsizes:**
  - Execute an X-rescue in deep water as rescuer and swimmer.
  - Perform a link/toggle tow with a swimmer and their sea kayak.
  - Carry a swimmer using a bow and/or stern carry for 20m.
  - Demonstrate an assisted capsized rescue – T-rescue or paddle-presentation rescue in a dynamic environment.
  - Perform an incapacitated paddler ('unconscious paddler') rescue.
  - Perform an 'all-in' rescue.
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- **Towing:**
  - Execute a contact tow with and without equipment over a short distance, approx. 20m.
  - Perform a single point tow using a sea kayaking towline for 100m.
  - Perform a tandem tow of a two-person raft.



## SCENARIO MANAGEMENT

### Teamwork:

- Apply the CLAP principle while kayaking with a peer group on the water.
  - **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 of and avoidance of common hazards at this level.
  - **Positioning:** For best effect to enhance self and group safety, communication, and line of sight
- Brief a part or the whole of **DICET** for a leg of a trip:
  - **Define:** The length, duration, nature of and waypoints of the trip.
  - **Identify:** Sections of the trip which may be challenging (hazards).
  - **Communication:** Have a system of communicating basic messages.
  - **Emergency/Exit:** Have a plan for an escape point if things go wrong. Agree how a capsized will be managed.
  - **Tactic:** How the group will move as a team while maintaining the CLAP principle.
- Demonstrate situation management to deal with a scenario which could happen while paddling with a peer group e.g. sea sickness, sunstroke, hypothermia.

### Search and Rescue Agencies:

- Perform a mock scenario of how to summon outside assistance using three different methods of alerting others. One of these needs to include a method of contacting the emergency services while in dynamic water.
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- Paddle on a compass bearing.
  - Paddle on a transit.



## NAVIGATING ON THE WATER





## ENVIRONMENTAL AWARENESS

- Explain 3 ways plastic pollution can interfere with marine wildlife and how to reduce plastic pollution in the sea (Three-for-the-Sea)
- Explain how to differentiate between a porpoise and a dolphin.
- Identify and name two different sea birds in the local area.
- Describe how to identify any two of the following jellyfish: Compass, Lion's mane, Barrel and Common jellyfish.



## Craft, Training, Assessment and Certification

**Craft:** A seaworthy sit-in sea kayak of adequate buoyancy, fitted with deck lines (perimeter lines) fore and aft toggles, a minimum of two bulkheads and a minimum of two hatches. The hull shape must be conducive to edge-turning and pivot turns required at this level. Skegs and rudders are acceptable when used appropriately.

**Training course entry requirements:** Sea Kayak Level 2 Peer Award Certificate (mandatory requirement or Approved Prior Learning). At least 12 years of age.

Obtain a Canoeing Ireland Sea Kayak L3 Explorer Award Paddler Profile from the Canoeing Ireland website at [canoe.ie](http://canoe.ie) or their instructor. Be a current member of Canoeing Ireland.

**Duration of training (indicative guidelines):** Recommended 14-21 hours contact time with a qualified instructor. The sea kayaker is expected to put in significant and sufficient self-directed time to practice Level 3 skills and knowledge in order to achieve L3 Explorer Award standard. Likely minimum of 70 hours self-directed and/or directed training.

**Assessment:** Paddlers can choose a single one day assessment, or progressive sign off of modules in their Paddler Profile over time. Assessments do not have binary pass/fail outcomes, instructor/s sign off the paddler's module/s where they have met the required standard, and provide feedback to the paddler on module/s where they are 'not there yet'.

The paddler is required to be able to demonstrate all knowledge and skills from lower levels, and at a higher standard than that required for the preceding level.

**Certification:** When all the required L3 sections of their Sea Kayak Paddler Profile have been signed off by their instructor/s, the paddler asks the final instructor to apply for certification. Canoeing Ireland then award the Sea Kayak L3 Explorer Award certificate to the paddler.

Sea Kayak Level 3 Explorer Award holders under 18 years of age should be appropriately accompanied by a person who is over 18 and holds the Sea Kayak Level 3 Explorer Award or higher. Please refer to your club or centre's guidelines regarding paddling with under 18s.