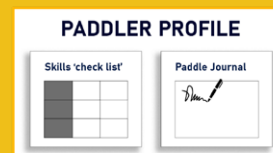


SEA KAYAK LEVEL 4 ADVENTURE AWARD

Expectations:

I am an experienced confident paddler, capable of handling my kayak in L4 conditions. I have the necessary equipment. I can assess the sea/weather conditions and plan a trip safely according to the peer group's skills. I am a competent paddler capable of good decision making in L4 conditions. I can confidently kayak roll. I am competent in chartwork and in navigating over open crossings. I am competent in navigating in limited visibility (darkness/fog). I am able to reflect upon my own development as a paddler.

I understand the effects on the sea kayak of wind, wave, tide, and coastal features and can adapt a trip to suit these. I can summon outside rescue assistance. I have an understanding of my own and the group's effect on the environment and wildlife. I can identify the next step involved in the Canoeing Ireland Sea Kayak Skills Awards.



Level 4 Conditions

Coastal Features: Coastal areas within 2 nautical miles of shore. Launching and landing from beaches with no greater than 1m broken waves. Navigating through and landing upon rocky shorelines in dynamic water.

Wind (Beaufort):	F0-5
Sea State (Met Éireann):	Moderate (1.25 - 2.5m significant wave height)
Surf:	≤ 1.0m broken waves
Flow:	Overfalls, tidal streams and tide races ≥ 3knots
Open Crossings:	≤ 4 nautical miles (shore to shore)

Modules and Skills



SHORE BASED TRIP PLANNING

- Obtain and interpret a combination of marine based weather forecasts and synoptic charts. Apply this information to a nautical chart detailing how the weather forecast will affect various locations on the chart.
- Obtain and interpret tidal flow information. Apply this information to a chart detailing the effect these will have on the conditions on that day.
- Apply the 50/90 rule.
- Apply the Rule of Twelfths to identify the depth of water at a particular location and time.
- Use a cruising guide, guidebook, almanac or other reliable resources to ascertain the movement of tides at headlands/peninsulas. Apply this information to a chart to assist in the planning of a trip.
- Identify the likelihood of overfalls and tidal races from a chart.
- Plot a trip on a chart to include:
 - Start, finish points.
 - Waypoints (identifiable from the water).
 - Escape/emergency egress points.
 - Areas of respite.
 - Areas where the potential for dynamic water is high.
 - Areas of danger.
 - Tidal flow.
 - Magnetic bearings between waypoints.
 - Distance between waypoints.
 - Estimated time to paddle between waypoints.



EQUIPMENT KNOWLEDGE

- Perform an equipment check as part of a peer group to ensure that all are safe to go to sea.
- Stow safety equipment in a manner such that it can be deployed effectively when/if necessary.
- Explain the use of the equipment a sea kayaker should carry to keep themselves safe on the sea when paddling in L4 conditions 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.
- Describe how to fix a small hole in a sea kayak.



BOAT-HANDLING SKILLS:

- **Kayak entry and exit, launching and landing:** Launch a sea kayak from a rocky shore using a towline and swim method. Land a sea kayak on a rocky shore using a towline and swim method.
- **Forward paddling:** Demonstrate and apply all-body paddling techniques for acceleration, long-distance paddling and stability.
- **Reverse paddling:** Steer a sea kayak while reversing between objects.
- **Stopping:** Can stop the sea kayak within 4 strokes and turn the kayak head-to conditions or tail-to conditions depending on what is appropriate in that moment.
- **Staying upright:** Demonstrate and maintain stability in sea kayak in a variety of different dynamic environments. Apply a high brace and sculling for support in a practical context.
- **Turning on the spot:** Pivot turn using the paddle on one side only.
- **Turning on the move:** Demonstrate and apply in a practical situation, a tight edging turn using combinations of forward momentum, edging/leaning, bow rudder, crossbow rudder and stern rudder. Use a back-face and power-face stern rudder to facilitate steering.
- **Moving sideways:** Demonstrate and apply a safe and effective method of making a sea kayak move sideways while stationary and while moving forward.



PADDLING IN WIND

- Paddle a sea kayak into the wind demonstrating correct trim and paddle technique.
- Paddle a sea kayak across the wind applying a range of strategies to counteract weathercocking.
- Paddle a sea kayak downwind, catching waves and demonstrating effective steering to prevent broaching.



PADDLING IN SURF

- Paddle a sea kayak across surf and perform a relevant support stroke to hold position sideways on a wave coming into shore.
- Catch a breaking wave and hold a diagonal run.
- Bottom turn on a wave.
- Top turn on a broken wave.
- Maintain stability exiting a wave.
- Paddle out back demonstrating timing and effective acceleration to punch through waves.
- Identify a rip and a cross-shore current.



PADDLING ROCKY SHORES

- Demonstrate an ability to identify and read tidal water and to anticipate what is happening in terms of flow and eddies.
- Apply carving turns and pivot turns in the correct context while maneuvering around and between features in a moderate shoreline environment.



Modules and Skills



PADDLING ROCKY SHORES

- Use moderate hydraulics such as waves/surges/flows to assist movement between, through and over dynamic features on the shoreline.
- Maintain the **CLAP** principle with team-mates in a peer group throughout a shoreline experience:
 - **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.
- Employ a range of group management tactics to maintain the CLAP principle while engaging in activities in the shoreline environment.
- Demonstrate sound decision making in relation to the conditions, abilities of the team, likelihood, consequences and risks while participating in activities in the shoreline environment.



PADDLING IN FLOW

- Break into a flow.
- Break out of a flow.
- Ferry-glide across a flow.
- Demonstrate a method of paddling as a team in a tidal flow which maintains the **CLAP** principle.
- Demonstrate effective swimming techniques to self-rescue in the flow.



SELF-RESCUE AFTER CAPSIZE

- Demonstrate a roll on both sides; one side must be in a Level 4 environment.
- Demonstrate one of the following three self-rescue techniques in Level 4 conditions.
 - A cowboy rescue.
 - A re-entry and roll.
 - Heel hook re-entry with paddle float.
- Swim-tow a sea kayak 25 metres.
- Deploy the spare paddle from the deck of their own kayak while afloat.



TEAM RESCUES

Assisted Rescue after capsizing:

- Complete an X-rescue of another paddler in Level 4 conditions.
- Carry a swimmer a short distance using a bow and/or stern carry.
- Demonstrate a paddle presentation rescue – as a rescuer and as someone being rescued.
- Perform an incapacitated paddler ('unconscious paddler') rescue in L4 conditions.
- Recover an incapacitated swimmer into their kayak ('scoop rescue').

Towing:

- Perform a contact tow from a dynamic environment to a sheltered area.
- Perform a single point tow using a tow line for at least 200 metres.
- Perform the replacement of a paddler who is towing a two-person raft.
- Demonstrate accurate use of a throw rope to rescue a swimmer where/if applicable.



SCENARIO MANAGEMENT

Teamwork:

- Apply the **CLAP** principle while paddling with a group in a dynamic environment.
 - **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 group of peers on a trip using **DICET** or similar.
 - **Define:** The length, duration, nature of and waypoints of the trip leg.
 - **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 capsize will be managed.
 - **Tactic:** How the group will move as a team while maintaining the CLAP principle.
- Apply **DICET** or similar during a trip to establish safe paddling between waypoints while on a trip.
- Demonstrate situation management to deal with a mock scenario which could happen while paddling with a peer group in a dynamic environment such as: Shoulder dislocation, head injury, sea sickness, sunstroke, hypothermia, unconscious paddler. Extricate the stricken paddler to a safe area and demonstrate effective skills as part of a team, to engage in ongoing care of the casualty until outside assistance is established.

Search and Rescue Agencies:

- Demonstrate, in a mock scenario, a minimum of five methods of summoning outside assistance for rescue.



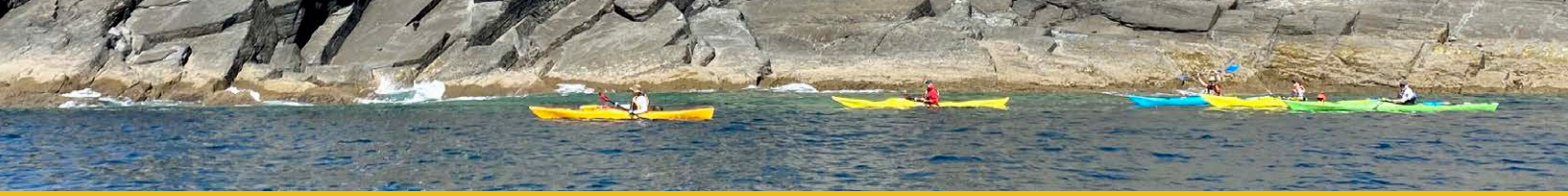
NAVIGATING ON THE WATER

- Follow a compass bearing and time a leg of a journey (day and night).
- Explain 4 safety strategies for dealing with fog.
- Use transits to confirm a location on a chart.
- Generate an estimated position on a chart during a trip and give a latitude and longitude for that position.



ENVIRONMENTAL AWARENESS

- Discuss the ethical issues associated with the choice and purchase of kayaking equipment regarding the environment.
- Demonstrate good practice as part of a team in limiting their effect on the environment while sea kayaking – e.g. distance from animals, choice of areas to launch and land, proximity to nesting birds, awareness of fledging/seal pupping seasons.
- Identify, describe and discuss the characteristics of three aspects of wildlife they encounter on a sea kayaking trip.
- Have an understanding of and describe a simple marine food chain.



Craft, Training, Assessment and Certification

Craft: A 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 3 Explorer Award certificate (mandatory requirement or Approved Prior Learning). Completion of a L4 Adventure Award training course is a mandatory requirement towards L4 certification.

Obtain a Canoeing Ireland L4 Adventure Award Paddler Profile from canoe.ie or their instructor before attending training. Must be a current member of Canoeing Ireland. Be at least 16 years of age.

Duration of training course (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 between the training course and achievement of the award.

Guideline: Likely minimum of 70 hours self-directed and/or directed training.

Assessment: Paddlers can choose a single one day assessment, or a progressive sign off of modules in their Paddler Profile over time. 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.'

Assessment must include a trip of at least 10km, and navigation in poor visibility or darkness. 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 L4 sections of their 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 Level 4 Adventure Award certificate.

For Level 4 Adventure Award holders under 18 it is recommended that these paddlers be appropriately accompanied by a person over the age of 18 who has suitable experience. Please refer to your club or centre's guidelines regarding paddling with under 18s.