



## PADDLER PROFILE

### SEA KAYAK LEVEL 1. DISCOVERY AWARD

Candidate Name: \_\_\_\_\_

Canoeing Ireland Membership No.: \_\_\_\_\_

If found please contact -

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_





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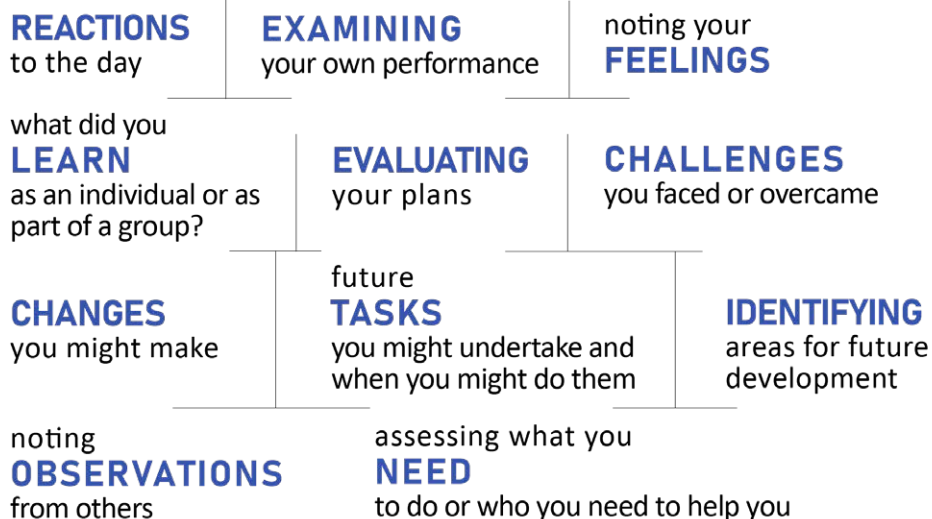


## HOW TO COMPLETE YOUR PADDLER PROFILE.

Welcome to your Canoeing Ireland Paddler Profile. This book provides a record of your progression and Certification along your Sea Kayak Skills Awards pathway.

1. The sea kayak skills in each award are grouped into different modules, each with their own learning outcomes. Completion of these outcomes must be signed off in the Skills Checklist Section of your Profile, by a registered, qualified Canoeing Ireland sea kayak instructor to verify that you have met the required standard. You can work on the modules in any order you wish.
2. Once you have completed the learning outcomes for all modules in the award you must get a qualified, Canoeing Ireland registered sea kayak instructor to sign the Certification Section and they will then process the relevant sea kayak skills award certificate for you.
3. At the end of each award there is a section for you to note down ideas and plans for your future development as a paddler.
4. You may choose to train and do a one-off assessment for each award or you may complete modules over time at your own pace. Once all modules are signed off, and the certification section completed, you have attained the award.
5. At Sea Kayak Level 2, Peer Award and higher, there is space for your instructor to provide feedback on your progress in each module. In the Reflection Page you are encouraged to reflect on your paddling pathway, and to engage with instructors, coaches and other paddlers to help guide and refine your progression.

Reflection can involve some or all of the following:



6. It is good practice to keep a paddle journal to record the trips you have done. You can download Paddle Journal pages from [canoe.ie](http://canoe.ie) and insert them into your Profile.

# 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 Skills Awards.

## CONDITIONS

|                                |  |
|--------------------------------|--|
| <b>COASTAL FEATURES</b>        | 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). |
| <b>WIND (BEAUFORT)</b>         | F0-2   |
| <b>SEA STATE (MET ÉIREANN)</b> | Calm (0 - 0.1m significant wave height).   |
| <b>SURF</b>                    | N/A  |
| <b>FLOW</b>                    | N/A  |
| <b>OPEN CROSSINGS</b>          | N/A  |
| <b>CRAFT</b>                   | 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. Skegs and rudders are acceptable when used appropriately.                 |

## TRAINING, ASSESSMENT, CERTIFICATION

|  |   |
|--|---|
| <b>TRAINING COURSE ENTRY REQUIREMENTS</b>                  | No minimum entry requirements. Open to everyone. Obtain a Canoeing Ireland Sea Kayak L1. Discovery Award Paddler Profile from the Canoeing Ireland website at <a href="http://canoe.ie">canoe.ie</a> or their instructor.   |
| <b>DURATION OF TRAINING COURSE (INDICATIVE GUIDELINES)</b> | Duration of training course (indicative guidelines): Recommended 7-14 hours contact time with a qualified instructor.   |
| <b>ASSESSMENT</b>  | 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.' |
| <b>CERTIFICATION</b>                                       | When all the required sections of your Canoeing Ireland Sea Kayak Paddler Profile have been signed off by your 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.     |

## LEVEL 1. DISCOVERY AWARD MODULES.

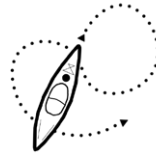
There are 8 modules to be completed in this award.



**SHORE BASED  
TRIP PLANNING**



**EQUIPMENT  
KNOWLEDGE**



**BOAT - HANDLING  
SKILLS**



**SCENARIO  
MANAGEMENT**



**PADDLING  
IN WIND**



**SELF-RESCUE  
AFTER CAPSIZE**



**TEAM  
RESCUES**



**ENVIRONMENTAL  
AWARENESS**

## EQUIPMENT FOR SEA KAYAKING.

The list of equipment you will need to use for this award is available on [canoe.ie](http://canoe.ie)



# SEA KAYAK L1. DISCOVERY AWARD SKILLS CHECKLISTS.

The sea kayak skills in each award are grouped into different modules, each with their own learning outcomes.

Completion of these outcomes must be signed off in the **Skills Checklist Section of your Profile**, by a registered, qualified Canoeing Ireland sea kayak instructor to verify that you have met the required standard.



## MODULE: SHORE-BASED TRIP PLANNING

| LEARNING OUTCOMES  | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|--|--|
| ✓ I can obtain marine-based weather forecasts using a variety of media.              |  |
| ✓ I can obtain High Water and Low Water times and heights.                           |  |
| ✓ I can describe one effect of each of: on-shore, off-shore and cross-shore breezes. |  |
| ✓ I can list one difference between O.S. maps and charts for use in sea kayaking.    |  |
| ✓ I can interpret the meaning of the different colours on a marine chart.            |  |
| ✓ I can interpret the depths on a chart.   |  |

**SHORE-BASED TRIP PLANNING MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_



## MODULE: EQUIPMENT KNOWLEDGE

| LEARNING OUTCOMES  | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|--|--|
| ✓ I can perform a basic boat check ensuring adequate buoyancy and sea worthiness.                      |  |
| ✓ I can explain the need to carry a means of communication, e.g. a mobile phone in a waterproof pouch. |  |
| ✓ I can identify the characteristics of a PFD suitable for sea kayaking.                               |  |
| ✓ I can differentiate between a sea kayak, river kayak and sit-on-top (SOT) kayak.                     |  |

**EQUIPMENT KNOWLEDGE MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_



## MODULE: BOAT HANDLING SKILLS

| LEARNING OUTCOMES            |   | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|------------------------------|---|--|
| <b>SAFE KAYAK CARRYING.</b>  | ✓ I can demonstrate how to carry a sea kayak safely on land.  |  |
| <b>KAYAK ENTRY AND EXIT.</b> | ✓ I can enter and exit a sea kayak appropriately.   |  |
| <b>FORWARD PADDLING.</b>     | ✓ I can 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.                             |  |
| <b>REVERSE PADDLING.</b>     | ✓ I can reverse a sea kayak for 20m.  |  |
| <b>STOPPING.</b>             | ✓ I can stop a sea kayak in a straight line (both paddling forward and reversing).  |  |
| <b>STAYING UPRIGHT.</b>      | ✓ I can demonstrate a slight edge or lean while stationary, and I can explain the relationship between body position (forwards and backwards) and boat balance. |  |
| <b>TURNING ON THE SPOT.</b>  | ✓ I can perform a forward sweep stroke to initiate a turn and a reverse sweep stroke to initiate a turn.  |  |
| <b>TURNING ON THE MOVE.</b>  | ✓ I can use sweep stroke/s to turn the sea kayak at least 45 degrees around an obstacle while still maintaining some forward momentum.                          |  |
| <b>MOVING SIDEWAYS.</b>      | ✓ I can paddle a sea kayak sideways for 1 metre.  |  |

**BOAT HANDLING SKILLS MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_



## MODULE: PADDLING IN WIND

| LEARNING OUTCOMES  | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|--|--|
| ✓ I can identify which way the observed wind is pushing the kayak. |  |

**PADDLING IN WIND MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_



## MODULE: SELF-RESCUE AFTER CAPSIZE

| LEARNING OUTCOMES   | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|---|--|
| ✓ I can demonstrate a controlled capsize drill using a spraydeck (capsize, bang 3 times on the hull, wet-exit). |  |
| ✓ I can swim 5m towing my kayak.  |  |
| ✓ I can explain why it is important to maintain contact with the kayak after a capsize.                         |  |

**SELF-RESCUE AFTER CAPSIZE MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_



## MODULE: TEAM RESCUES

| LEARNING OUTCOMES   | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|---|--|
| ✓ I can be an active participant in being rescued in deep water.  |  |
| <b>ASSISTED RESCUE AFTER CAPSIZE.</b> ✓ I can recite the basic safety rules of kayaking - personal buoyancy, ability to swim and always paddle with others. |  |
| ✓ I can explain the importance of staying close to other paddlers in case of emergency.   |  |
| <b>TOWING.</b> ✓ I can make a raft with at least two other paddlers and demonstrate how to leave a raft.  |  |
| ✓ I can perform a contact tow for a distance of 10 metres using no equipment.   |  |

**TEAM RESCUES MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_





## MODULE: SCENARIO MANAGEMENT

| LEARNING OUTCOMES        |  | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|--------------------------|--|--|
| TEAMWORK                 | ✓ I can follow a route led by a leader or instructor.  |  |
|                          | ✓ I can explain why not to cut across a corner.  |  |
|                          | ✓ I am aware of the <b>CLAP</b> principle:<br>- Communication: ability to share information without speaking.<br>- Line of sight: always being in visual contact with members of the group to enable communication.<br>- Avoidance: recognition and avoidance of common hazards.<br>- Positioning: for best effect to enhance self and group safety, communication, and line of sight. |  |
| SEARCH & RESCUE AGENCIES | ✓ I can identify three different ways of summoning outside assistance in the event of needing rescue (waving arms, whistle, shouting).   |  |

**SCENARIO MANAGEMENT MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_



## MODULE: ENVIRONMENTAL AWARENESS

| LEARNING OUTCOMES |   | INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE |
|-------------------|---|--|
| ✓                 | I can list 3 ways that sea kayakers can ensure they Leave No Trace on the environment.          |  |
| ✓                 | I can name and identify one type of each of the following: a seal, seabird and shoreline plant. |  |

**ENVIRONMENTAL AWARENESS MODULE SIGN OFF:** Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: \_\_\_\_\_

Canoeing Ireland Registration No.: \_\_\_\_\_

Date: \_\_\_\_\_

# CANOEING IRELAND SEA KAYAK LEVEL 1. DISCOVERY AWARD CERTIFICATION.

Once all your modules have been completed, you must get the instructor who signed off your final learning outcome/module/assessment to apply for your Sea Kayak Level 1. Discovery Award certificate from Canoeing Ireland.

They must complete the form below.

I (name of instructor) \_\_\_\_\_

Confirm that (name of paddler) \_\_\_\_\_

has completed all Sea Kayak Level 1. Discovery Award modules to the standard required. I undertake to process the certificate application from Canoeing Ireland.

Signature of Instructor: \_\_\_\_\_

Canoeing Ireland Registration number: \_\_\_\_\_

Date: \_\_\_\_\_

## YOUR FUTURE PLANS FOR YOUR SEA KAYAKING.

Use this section to make notes upon any aims, goals or other sea kayaking plans that you would like to work on in the future.

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