



## PADDLER PROFILE

### SEA KAYAK LEVEL 4. ADVENTURE 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 Checklists 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 the end of each module is a Reflection Page. This section is compulsory at L4 Adventure, and L5 Horizon Awards. Here 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:

**REACTIONS**  
to the day

**EXAMINING**  
your own performance

noting your  
**FEELINGS**

what did you  
**LEARN**  
as an individual or as  
part of a group?

**EVALUATING**  
your plans

**CHALLENGES**  
you faced or overcame

**CHANGES**  
you might make

future  
**TASKS**  
you might undertake and  
when you might do them

**IDENTIFYING**  
areas for future  
development

noting  
**OBSERVATIONS**  
from others

assessing what you  
**NEED**  
to do or who you need to help you

6. The Sea Kayak Paddle Journal is there to encourage you to record the trips you have done and to assist in your trip planning. It is good practise to keep a paddle journal. At Level 4. Adventure Award and L5. Horizon Award you are expected to keep a Paddle Journal as part of your assessment. You can download extra pages from [canoe.ie](http://canoe.ie) and insert them into your Profile.

# SEA KAYAK LEVEL 4. ADVENTURE PADDLER 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.

## CONDITIONS

<b>COASTAL FEATURES</b>	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.
<b>WIND (BEAUFORT)</b>	F0-5
<b>SEA STATE (MET ÉIREANN)</b>	Moderate (1.25 - 2.5m significant wave height).
<b>SURF</b>	≤ 1.0m broken waves
<b>FLOW</b>	Overfalls, tidal streams and tide races ≥ 3knots.
<b>OPEN CROSSINGS</b>	≤ 4 nautical miles (shore to shore).
<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, a minimum of two bulkheads, 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, ASSESSMENT, CERTIFICATION

### 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 your 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 Canoeing Sea Kayak L4 Adventure Award Certificate to you.

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.



# LEVEL 4. ADVENTURE PADDLER AWARD MODULES.

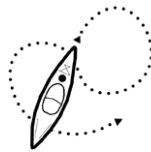
There are 12 modules to be completed in this award.



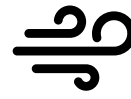
**SHORE BASED  
TRIP PLANNING**



**EQUIPMENT  
KNOWLEDGE**



**BOAT - HANDLING  
SKILLS**



**PADDLING  
IN WIND**



**PADDLING  
IN SURF**



**PADDLING  
ROCKY SHORES**



**PADDLING  
IN FLOW**



**SELF-RESCUE  
AFTER CAPSIZE**



**TEAM  
RESCUES**



**SCENARIO  
MANAGEMENT**



**NAVIGATING ON  
THE WATER**



**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 LEVEL 4 ADVENTURE AWARD TRAINING COURSE CONFIRMATION

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

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

has completed a recognised Sea Kayak Level 4 Adventure Award Training Course.

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

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

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

Course code: \_\_\_\_\_

# SEA KAYAK L4. ADVENTURE PADDLER 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 Checklists 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.



## MODULE: SHORE-BASED TRIP PLANNING

LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓ I can 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.	
✓ I can obtain and interpret tidal flow information and apply this information to a chart detailing the effect these will have on the conditions on that day.	
✓ I can apply the 50/90 rule.	
✓ I can apply the Rule of Twelfths to identify the depth of water at a particular location and time.	
✓ I can use a cruising guide, guidebook, almanac or other reliable resources to ascertain the movement of tides at headlands/peninsulas and apply this information to a chart to assist in the planning of a trip.	
✓ I can identify the likelihood of overfalls and tidal races from a chart.	
✓ I can plot a trip on a chart to include: <ul style="list-style-type: none"> <li>• Start, finish points.</li> <li>• Waypoints (identifiable from the water).</li> <li>• Escape/emergency egress points.</li> <li>• Areas of respite.</li> <li>• Areas where the potential for dynamic water is high.</li> <li>• Areas of danger.</li> <li>• Tidal flow.</li> <li>• Magnetic bearings between waypoints.</li> <li>• Distance between waypoints.</li> <li>• Estimated time to paddle between waypoints.</li> </ul>	

**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: \_\_\_\_\_



# REFLECTION ON MY PROGRESSION IN SHORE BASED TRIP PLANNING

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.







## MODULE: EQUIPMENT KNOWLEDGE

LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓ I can perform an equipment check as part of a peer group to ensure that all are safe to go to sea.	
✓ I can stow safety equipment in a manner such that it can be deployed effectively when/if necessary.	
✓ I can 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.e application and use of helmets.	
✓ I can describe how to fix a small hole in a sea 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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN EQUIPMENT KNOWLEDGE

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: BOAT HANDLING SKILLS

LEARNING OUTCOMES		INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
<b>KAYAK ENTRY AND EXIT, LAUNCHING AND LANDING.</b>	✓ I can launch a sea kayak from a rocky shore using a towline and swim method.	
	✓ I can land a sea kayak on a rocky shore using a towline and swim method.	
<b>FORWARD PADDLING.</b>	✓ I can demonstrate and apply all-body paddling techniques for acceleration, long-distance paddling and stability.	
<b>REVERSE PADDLING.</b>	✓ I can steer a sea kayak while reversing between objects.	
<b>STOPPING.</b>	✓ I can stop the kayak within 4 strokes and turn the sea kayak head to conditions or tail-to conditions depending on what is appropriate in that moment.	
<b>STAYING UPRIGHT.</b>	✓ I can demonstrate and maintain stability in sea kayak in a variety of different dynamic environments.	
	✓ I can apply a high brace and sculling for support in a practical context.	
<b>TURNING ON THE SPOT.</b>	✓ I can pivot turn using the paddle on one side only.	
<b>TURNING ON THE MOVE.</b>	✓ I can 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.	
	✓ I can use a back-face and power-face stern rudder to facilitate steering.	
<b>MOVING SIDEWAYS.</b>	✓ I can demonstrate and apply a safe and effective method of making a sea kayak move sideways while stationary and while moving forward.	

**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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN BOAT HANDLING SKILLS

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: PADDLING IN WIND

### LEARNING OUTCOMES

### INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

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

**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: \_\_\_\_\_

### REFLECTION ON MY PROGRESSION IN PADDLING IN WIND

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: PADDLING IN SURF

### LEARNING OUTCOMES

### INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

- |   |  |
|---|--|
| ✓ I can paddle a sea kayak across surf and perform a relevant support stroke to hold position sideways on a wave coming into shore. |  |
| ✓ I can catch a breaking wave and hold a diagonal run.  |  |
| ✓ I can bottom turn on a wave.  |  |
| ✓ I can top turn on a broken wave   |  |
| ✓ I can maintain stability exiting a wave.  |  |
| ✓ I can paddle out back demonstrating timing and effective acceleration to punch through waves.                                     |  |
| ✓ Identify a rip and a cross-shore current.   |  |

**PADDLING IN SURF 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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN PADDLING IN SURF

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: PADDLING ROCKY SHORES

LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓ I can demonstrate an ability to identify and read tidal water and to anticipate what is happening in terms of flow and eddies.	
✓ I can apply carving turns and pivot turns in the correct context while manoeuvring around and between features in a moderate shoreline environment.	
✓ I can use moderate hydraulics such as waves/surges/flows to assist movement between, through and over dynamic features on the shoreline.	
✓ I can maintain the <b>CLAP</b> principle with team-mates in a peer group throughout a shoreline experience: <ul style="list-style-type: none"> <li>– <b>Communication:</b> Ability to share information without speaking.</li> <li>– <b>Line of sight:</b> Always being in visual contact with members of the group to enable communication.</li> <li>– <b>Avoidance:</b> Recognition of and avoidance of common hazards.</li> <li>– <b>Positioning:</b> For best effect to enhance self and group safety, communication, and line of sight.</li> </ul>	
✓ I can employ a range of group management tactics to maintain the <b>CLAP</b> principle while engaging in activities in the shoreline environment.	
✓ I can 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 ROCKY SHORES 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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN PADDLING ROCKY SHORES

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.







## MODULE: PADDLING IN FLOW

LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓ I can break into a flow.	
✓ I can break out of a flow.	
✓ I can ferry-glide across a flow.	
✓ I can demonstrate a method of paddling as a team in a tidal flow which maintains the <b>CLAP</b> principle.	
✓ I can demonstrate effective swimming techniques to self-rescue in the flow.	

**PADDLING IN FLOW 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: \_\_\_\_\_

### REFLECTION ON MY PROGRESSION IN PADDLING ROCKY SHORES

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: SELF-RESCUE AFTER CAPSIZE

LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓ I can demonstrate a roll on both sides; one side must be in a Level 4 environment.	
✓ I can demonstrate one of the following three self-rescue techniques in Level 4 conditions: <ul style="list-style-type: none"> <li>• A cowboy rescue.</li> <li>• A re-entry and roll.</li> <li>• Heel hook re-entry with paddle float.</li> </ul>	
✓ I can swim-tow a sea kayak 25 metres.	
✓ I can deploy the spare paddle from the deck of my own kayak while afloat.	

**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: \_\_\_\_\_

### REFLECTION ON MY PROGRESSION IN SELF-RESCUE AFTER CAPSIZE

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: TEAM RESCUES

LEARNING OUTCOMES		INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
<b>ASSISTED RESCUE AFTER CAPSIZE.</b>	✓ I can complete an X-rescue of another paddler in Level 4 conditions	
	✓ I can carry a swimmer a short distance using a bow and/or stern carry.	
	✓ I can demonstrate a paddle presentation rescue – as a rescuer and as someone being rescued.	
	✓ I can perform an incapacitated paddler ('unconscious paddler') rescue in L4 conditions.	
	✓ I can recover an incapacitated swimmer into their kayak ('scoop rescue').	
<b>TOWING.</b>	✓ I can perform a contact tow from a dynamic environment to a sheltered area.	
	✓ I can perform a single point tow using a tow line for at least 200 metres.	
	✓ I can perform the replacement of a paddler who is towing a two-person raft.	
	✓ I can demonstrate accurate use of a throw rope to rescue a swimmer where/if applicable.	

**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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN TEAM RESCUES

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: SCENARIO MANAGEMENT

LEARNING OUTCOMES		INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
<b>TEAMWORK.</b>	<p>✓ I can apply the <b>CLAP</b> principle while kayaking with a group in a dynamic environment:</p> <ul style="list-style-type: none"> <li>– <b>Communication:</b> Ability to share information without speaking.</li> <li>– <b>Line of sight:</b> Always being in visual contact with members of the group to enable communication.</li> <li>– <b>Avoidance:</b> Recognition and avoidance of common hazards at this level.</li> <li>– <b>Positioning:</b> For best effect to enhance self and group safety, communication, and line of sight.</li> </ul>	
	<p>✓ I can brief a group of peers on a trip using <b>DICET</b> or similar.</p> <ul style="list-style-type: none"> <li>– <b>Define:</b> The length, duration, nature of and waypoints of the trip leg.</li> <li>– <b>Identify:</b> Sections of the trip which may be challenging (hazards).</li> <li>– <b>Communication:</b> Have a system of communicating basic messages.</li> <li>– <b>Emergency/Exit:</b> Have a plan for an escape point if things go wrong. Agree how a capsize will be managed.</li> <li>– <b>Tactic:</b> How the group will move as a team while maintaining the <b>CLAP</b> principle.</li> </ul>	
	<p>✓ I can apply <b>DICET</b> or similar during a trip to establish safe paddling between waypoints while on a trip.</p>	
	<p>✓ I can 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.</p>	
<b>SEARCH &amp; RESCUE AGENCIES</b>	<p>✓ I can demonstrate, in a mock scenario, a minimum of five methods of summoning outside assistance for rescue.</p>	

**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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN SCENARIO MANAGEMENT

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





## MODULE: NAVIGATING ON THE WATER

### LEARNING OUTCOMES

### INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

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|--|--|
| ✓ I can follow a compass bearing and time a leg of a journey (day and night).  |  |
| ✓ I can explain 4 safety strategies for dealing with fog.  |  |
| ✓ I can use transits to confirm a location on a chart.   |  |
| ✓ I can generate an estimated position on a chart during a trip and give a latitude and longitude for that position. |  |

**NAVIGATING ON THE WATER 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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN NAVIGATING ON THE WATER

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.







## MODULE: ENVIRONMENTAL AWARENESS

### LEARNING OUTCOMES

### INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

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|--|--|
| ✓ I can discuss the ethical issues associated with the choice and purchase of kayaking equipment regarding the environment.  |  |
| ✓ I can 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. |  |
| ✓ I can identify, describe and discuss the characteristics of three aspects of wildlife I may encounter on a sea kayaking trip.  |  |
| ✓ I have an understanding of and can describe a simple marine food chain.  |  |

**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: \_\_\_\_\_

## REFLECTION ON MY PROGRESSION IN ENVIRONMENTAL AWARENESS

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.



# CANOEING IRELAND SEA KAYAK LEVEL 4 ADVENTURE AWARD CERTIFICATION.

Once all your modules have been completed, or you have successfully completed a one-day assessment you must get the instructor who signed off your final learning outcome/module/assessment to apply for your Sea Kayak Level 4 Adventure Award certificate from Canoeing Ireland.

They must complete the form below.

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

Confirm that (name of paddler) \_\_\_\_\_  
has completed all Level 4 Sea Kayak Skills Award modules to the standard required.

I undertake to process the L4 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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# CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

This Paddle Journal can be used at any stage of your paddling life to record any trips you make. It will be compulsory for the Sea Kayak Leadership Award, and your Sea Kayak Level 4 Adventure and Level 5 Horizon Awards. You can download extra pages from [canoe.ie](http://canoe.ie) and insert them into your Profile.

Note: It is not to be used as a trip planner.

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

## TRIP DETAILS

My role in this Trip: \_\_\_\_\_ Map/Chart Number: \_\_\_\_\_

Group Members: \_\_\_\_\_

Start: \_\_\_\_\_ End: \_\_\_\_\_ Distance (NM/Km) \_\_\_\_\_

Day trip or multiday: \_\_\_\_\_ Car split locations: \_\_\_\_\_

Weather and swell (wind dir. speed, temp, visibility, swell): \_\_\_\_\_

Sea state: \_\_\_\_\_

Crux Locations: \_\_\_\_\_

Rest stop locations: \_\_\_\_\_

Escape points: \_\_\_\_\_

Safety equipment carried: \_\_\_\_\_

## TRIP SKETCH

Draw a sketch of your trip. Show details of HW/LW ( local and standard port), tidal flows (rate and direction) relative to the appropriate standard port, range, and whether Neaps/Springs. Wind and swell direction. Mark in crux points, rest stops and escape routes.

## GENERAL OUTLINE OF YOUR TRIP

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## REFLECTIONS ON YOUR TRIP

What did you do well on this trip? \_\_\_\_\_

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List any wildlife, e.g. cliff/ground nesting birds, seals haul outs. What did you do to reduce your effect on them? \_\_\_\_\_

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Additional information: \_\_\_\_\_

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# CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

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

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My role in this Trip: \_\_\_\_\_ Map/Chart Number: \_\_\_\_\_

Group Members: \_\_\_\_\_

Start: \_\_\_\_\_ End: \_\_\_\_\_ Distance (NM/Km) \_\_\_\_\_

Day trip or multiday: \_\_\_\_\_ Car split locations: \_\_\_\_\_

Weather and swell (wind dir. speed, temp, visibility, swell): \_\_\_\_\_

Sea state: \_\_\_\_\_

Crux Locations: \_\_\_\_\_

Rest stop locations: \_\_\_\_\_

Escape points: \_\_\_\_\_

Safety equipment carried: \_\_\_\_\_

## TRIP SKETCH

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