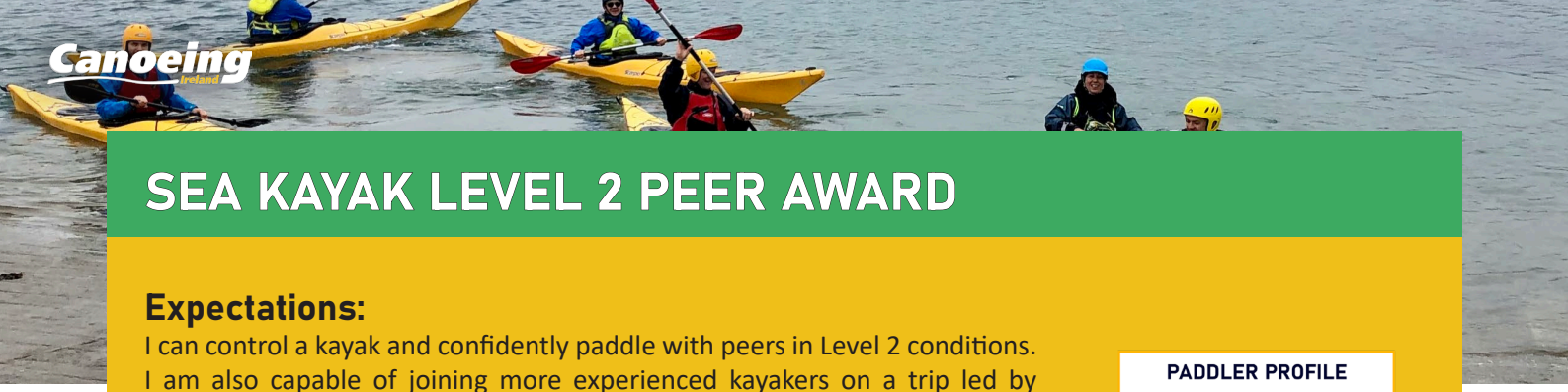
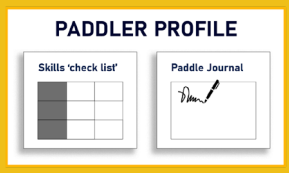


SEA KAYAK LEVEL 2 PEER AWARD

Expectations:

I can control a kayak and confidently paddle with peers in Level 2 conditions. I am also capable of joining more experienced kayakers on a trip led by certified leaders or instructors. I can work with others to perform an assisted rescue as a swimmer and as a rescuer. I have a fundamental understanding of weather, tides and have been introduced to basic navigation skills. I know methods for summoning 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.



Level 2 Conditions

Coastal features: Coastal areas with a minimum of marine traffic and where there is minimal possibility of being blown or drifting offshore. Launching and landing from/at a public access location such as a short section of beach/slipway/pier with easy landing - no tide races, overfalls, surf or swell. Journeys should, at any time, be no greater than 1 nautical mile to an exit point in case of emergency.

Wind (Beaufort):	F0-2
Sea state *(Met Éireann):*	Smooth (0.1 - 0.5m significant wave height)
Surf:	N/A
Flow:	No tide races, overfalls, surf or swell
Open crossings:	N/A

Modules and Skills

SHORE BASED TRIP PLANNING

- Interpret a basic marine weather forecast and apply this information to an O.S. map or marine chart. Indicate wind direction and strength, identify a lee and windward shore, identify areas of exposed shoreline where dynamic water may be challenging.
- Identify any three symbols on a marine chart.
- Explain the Beaufort scale up to Force 6 (inclusive).
- Use a tide table to obtain the times and heights of High and Low water and relate this information to their launching and landing area.
- Obtain information of tidal currents in their local area.
- Describe the effects of wind against tide and wind with tide on sea conditions.
- Interpret a basic swell forecast and explain the ramifications that the swell will have on their intended trip or session.
- Plan a half day trip using an O.S. map or marine chart (electronic or hard copy) including start and finish positions, obvious waypoints along the way, escape/exit points and potential challenges which may be encountered on a trip.

Modules and Skills

EQUIPMENT KNOWLEDGE

- Check a roof rack and straps to ensure that they are road worthy.
- Tie a sea kayak securely to a roof rack.
- Perform a basic boat check ensuring adequate buoyancy and sea worthiness.
- Explain the clothing a sea kayaker should wear to be safe at sea when kayaking in Ireland.
- Explain the importance of bringing food and fluid on a sea kayaking trip.
- Explain the use of the equipment a sea kayaker should carry to keep themselves safe on the sea when paddling in L2 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.
- Stow safety equipment in a manner such that it can be deployed effectively when/if necessary.
- Discuss the safety considerations to look for when purchasing a sea kayak.
- Be aware of different types of paddles available to sea kayakers.

BOAT-HANDLING SKILLS

- Demonstrate a 4-person carry of a heavy sea kayak.
- **Kayak entry and exit:** Enter and exit a kayak appropriately maintaining control of the paddle.
- **Launching and landing:** Launch a sea kayak minimising keel scrape. Land a sea kayak minimising keel scrape.
- **Forward paddling:** Demonstrate an effective and efficient method of paddling forward. Demonstrate two methods of forward paddling – one for acceleration and power and one for long-distance travelling.
- **Reverse paddling:** Steer a sea kayak while reversing.
- **Stopping:** Stop the sea kayak in a straight line within 4 paddle strokes.
- **Staying upright:** Hold a low edge or lean. Apply a low brace support in a practical context.
- **Turning on the spot:** Stationary forward sweep stroke using a low edge/lean. Stationary reverse sweep stroke using a low edge/lean. Pivot turn using a combination of reverse and forward sweep strokes while stationary.
- **Turning on the move:** Paddle an edging turn on flat sheltered water. Demonstrate a back-face stern rudder to subtly change direction.
- **Moving sideways:** Paddle a sea kayak sideways for 5 metres.

PADDLING IN WIND

- Hold position into the wind.
- Show boat control while paddling across, down and upwind.
- Explain the appropriate use of a skeg.

SELF-RESCUE AFTER CAPSIZE

- Execute a controlled capsize drill and demonstrate orientation upside down while using a spray deck.
- Perform a self-rescue in waist deep water.

TEAM RESCUES

Assisted rescue after capsize:

- Demonstrate a method of letting other paddlers in the group know when they observe a capsize.
- Re-enter a kayak during an X-rescue using the heel hook or other method.
- Perform in an X-rescue in deep water.
- Demonstrate an assisted capsize recovery, e.g. T-rescue OR paddle-presentation rescue. Rescuer will be within 2 metres.

Towing:

- Perform a single point tow using a sea kayaking towline.
- Make a raft and leave a raft safely.

SCENARIO MANAGEMENT

Teamwork:

- Discuss the importance and application of the **CLAP** principle while kayaking with a group on the water:
  - **C**ommunication: Ability to share information without speaking.
  - **L**ine of sight: Always being in visual contact with members of the group to enable communication.
  - **A**voidance: Recognition of and avoidance of common hazards at this level.
  - **P**ositioning: For best effect to enhance self and group safety, communication, and line of sight.
- Participate in a trip briefing to a peer group using **DICET**:
  - **D**efine: The length, duration, nature of and waypoints of the trip.
  - **I**dentify: Sections of the trip which may be challenging (hazards).
  - **C**ommunication: Have a system of communicating basic messages.
  - **E**mergency/Exit: Have a plan for an escape point if things go wrong. Agree how a capsize will be managed.
  - **T**actic: How the group will move as a team while maintaining the CLAP principle.
- Describe the causes, symptoms and prevention of hypothermia and sun exposure.

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.

ENVIRONMENTAL AWARENESS

- Discuss how to limit your impact on the flora and fauna in your paddling area.

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 two bulkheads and two hatches. Skegs and rudders are acceptable when used appropriately.

Training course entry requirements: Sea Kayak Level 1. Discovery Award skills standard. No age restriction. Obtain a Canoeing Ireland Sea Kayak L2 Peer Award Paddler Profile from the Canoeing Ireland website at canoe.ie or their instructor.

Duration of course (indicative guidelines): Recommended 21 to 28 hours contact time with a qualified instructor.

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.'
The sea kayaker will prepare a trip plan and then discuss it to allow the Instructor to confirm that the sea kayaker's trip planning knowledge is at the required standard.
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 L2 sections of their Canoeing Ireland 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 Level 2. Peer Award Certificate to the paddler.

Sea Kayak Level 2 Peer Award holders under 18 years of age should be appropriately accompanied by a person who is over 18 and holds the Sea Kayak Level 2 Peer Award or higher. Please refer to your club or centre's guidelines regarding paddling with under 18s.