PADDLER PROFILE

SEA KAYAK LEVEL 2.
PEER AWARD

Candidate Name:_____

Canoeing Ireland Membership No.:_____

If found please contact -

Phone:_____

Address:_____

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CONTENTS

HOW TO COMPLETE YOUR PADDLER PROFILE	1
SEA KAYAK LEVEL 2. PEER AWARD EXPECTATIONS AND CONDITIONS	2
SEA KAYAK LEVEL 2. PEER AWARD TRAINING, ASSESSMENT AND CERTIFICATION	3
SEA KAYAK LEVEL 2. PEER AWARD MODULES	3
EQUIPMENT FOR SEA KAYAKING	3
SEA KAYAK LEVEL 2. PEER AWARD SKILLS CHECKLISTS	4
SEA KAYAK LEVEL 2. PEER AWARD CERTIFICATION PAGE	16
YOUR FUTURE PLANS FOR YOUR SEA KAYAKING	16

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 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:

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. 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 and insert them into your Profile.

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.

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
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.

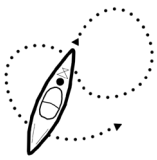
TRAINING, ASSESSMENT, CERTIFICATION	
TRAINING COURSE ENTRY REQUIREMENTS	Sea Kayak Level 1. Discovery Award skills standard. No age restriction. Obtain a Canoeing Ireland Sea Kayak L2 Peer Award Paddler Profile from the Canoeing Ireland website at canoe.ie or their instructor.
DURATION OF TRAINING COURSE (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 provide 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 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 2. Peer Award Certificate to you. 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.

LEVEL 2. PEER AWARD MODULES.

There are 8 modules to be completed in this award.

SHORE BASED TRIP PLANNING

EQUIPMENT KNOWLEDGE



BOAT - HANDLING SKILLS

PADDLING IN WIND

SELF-RESCUE AFTER CAPSIZE

TEAM RESCUES

SCENARIO MANAGEMENT

ENVIRONMENTAL AWARENESS

EQUIPMENT FOR SEA KAYAKING.

The list of equipment you will need to use for this award is available on canoe.ie

SEA KAYAK L2. PEER 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 NO. AND DATE
✓	I can 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.	
✓	I can identify any three symbols on a marine chart.	
✓	I can explain the Beaufort scale up to Force 6 (inclusive).	
✓	I can use a tide table to obtain the times and heights of High and Low water and relate this information to my launching and landing area.	
✓	I can obtain information of tidal currents in my local area.	
✓	I can describe the effects of wind against tide and wind with tide on sea conditions.	
✓	I can interpret a basic swell forecast and explain the ramifications that the swell will have on my intended trip or session	
✓	I can 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 that trip.	

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 NO. AND DATE
✓	I can check a roof rack and straps to ensure that they are road worthy.	
✓	I can tie a sea kayak securely to a roof rack.	
✓	I can perform a basic boat check ensuring adequate buoyancy and sea worthiness.	
✓	I can explain the clothing a sea kayaker should wear to be safe at sea when kayaking in Ireland.	
✓	I can explain the importance of bringing food and fluid on a sea kayaking trip.	
✓	I can 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.	
✓	I can stow safety equipment in a manner such that it can be deployed effectively when/if necessary.	
✓	I can discuss the safety considerations to look for when purchasing a sea kayak.	
✓	I am aware of different types of paddles available to sea kayakers.	

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 NO. AND DATE
SAFE KAYAK CARRYING.	✓	I can demonstrate a 4 person carry of a heavy sea kayak.	
KAYAK ENTRY AND EXIT.	✓	I can enter and exit a kayak appropriately maintaining control of the paddle.	
LAUNCHING AND LANDING.	✓	I can launch a sea kayak minimising keel scrape.	
	✓	I can land a sea kayak minimising keel scrape.	
FORWARD PADDLING.	✓	I can demonstrate an effective and efficient method of paddling forward.	
	✓	I can demonstrate two methods of forward paddling – one for acceleration and power and one for long-distance travelling.	
REVERSE PADDLING.	✓	I can steer a sea kayak while reversing.	
STOPPING.	✓	I can stop the sea kayak in a straight line within 4 paddle strokes.	
STAYING UPRIGHT.	✓	I can hold a low edge or lean.	
	✓	I can apply a low brace support in a practical context.	
TURNING ON THE SPOT.	✓	I can perform a stationary forward sweep stroke using a low edge/lean.	
	✓	I can perform a stationary reverse sweep stroke using a low edge/lean.	
	✓	I can perform a pivot turn using a combination of reverse and forward sweep strokes while stationary.	
TURNING ON THE MOVE.	✓	I can paddle an edging turn on flat sheltered water.	
	✓	I can demonstrate a back-face stern rudder to subtly change direction.	
MOVING SIDEWAYS.	✓	I can paddle a sea kayak sideways for 5 metres.	

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 NO. AND DATE
✓ I can hold position into the wind.	
✓ I can show boat control while paddling across, down and upwind.	
✓ I can explain the appropriate use of a skeg.	

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: SELF-RESCUE AFTER CAPSIZE

	LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE
✓	I can execute a controlled capsize drill and demonstrate orientation upside down while using a spray deck.	
✓	I can perform a self-rescue in waist deep water.	

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 NO. AND DATE
ASSISTED RESCUE AFTER CAPSIZE.	✓	I can demonstrate a method of letting other paddlers in my group know when I observe a capsize.	
	✓	I can re-enter a kayak during an X-rescue using the heel hook or other method.	
	✓	I can perform an X-rescue in deep water.	
	✓	I can demonstrate an assisted capsize recovery, e.g. T-rescue OR paddle-presentation rescue. Rescuer will be within 2 metres.	
TOWING.	✓	I can perform a single point tow using a sea kayaking towline.	
	✓	I can make a raft and leave a raft safely.	

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 NO. AND DATE
TEAMWORK.	✓	I can 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.	
	✓	I can participate in a trip briefing to a peer group using **DICET**: - **D**efine: The length, duration, nature of and waypoints of the trip leg. - **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.	
	✓	I can describe the causes, symptoms and prevention of hypothermia and sun exposure.	
SEARCH & RESCUE AGENCIES	✓	I can 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.	

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: ENVIRONMENTAL AWARENESS

	LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NO. AND DATE
✓	I can discuss how to limit my impact on the flora and fauna in my paddling area.	

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 2. PEER 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 2 Peer 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 2. Peer 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.