Level 1 Sit on Top Kayak Skills Certification Guidelines

Assessment

- This award is assessed on a continuous basis throughout the course and should not be assessed formally
- No part of an assessment can be taken in a swimming pool. All assessment criteria must be demonstrated outdoors on flat water (i.e. water of Grade I difficulty).
- It may not be feasible for a junior or a person with disabilities to assist fully in the self-rescue. Such candidates should, however, have a full understanding of the correct sequence of each of the required rescues and have some role to fulfil in the completion of these rescues.
- All strokes should be demonstrated in relevant situations i.e. use of a simple draw stroke to manoeuvre the Sit-on-Top to the bank. Strokes should be demonstrated on both sides of the Sit-on-Top.
- The Level 1 Sit-on-Top Kayak Skills Award is not a compulsory pre-requisite for any subsequent Canoeing Ireland skills awards.
- No age restriction applies to this award.

Assessment Guidelines

- The Level 1 Sit-on-Top Kayak Skills Award can only be assessed by a Level 1 Sit on Top kayak instructor, Level 1 and Level 2 Kayak instructor and above.
- The assessment will be carried out with a maximum of six candidates to one assessor. However, a ratio of 4:1 is preferable.
- All required assessment rescues are kept until the end of an assessment.
- Generally, guidelines will be given, should a candidate not yet be at standard, as to the areas that they need to improve on.

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