

# Sea Kayak Skills Award Level 1

## Expectations:

I can control a kayak safely in calm sea conditions in L1 conditions. I am ready to join a trip led by a qualified 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.

## Level 1 Conditions

**Coastal features:** 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 Eireann):</b>	Calm (0 - 0.1m significant wave height)
<b>Surf:</b>	N/A
<b>Flow:</b>	N/A
<b>Open crossings:</b>	N/A

## Modules and Skills



### SHORE BASED TRIP PLANNING

- Obtain marine-based weather forecasts using a variety of media.
- Obtain High Water and Low Water times and heights
- Describe positive and negative effects of on-shore, off-shore and cross-shore breezes.
- List 3 differences between O.S. maps and charts for use in sea kayaking
- Interpret the meaning of the different colours on a marine chart.
- Interpret the depths on a chart



### EQUIPMENT KNOWLEDGE

- Perform a basic boat check ensuring adequate buoyancy and sea worthiness.
- Explain the need to carry a means of communication, e.g. a mobile phone in a waterproof pouch.



### BOAT-HANDLING SKILLS

- **Kayak entry and exit, launching and landing:** Enter and exit a sea kayak appropriately.
- **Forward paddling:** 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.
- **Reverse paddling:** Reverse a sea kayak for 20m.
- **Stopping:** Stop a sea kayak in a straight line (both paddling forward and reversing).
- **Staying upright:** Demonstrate a slight edge or lean while stationary. Explain the relationship between body position (forwards and backwards) and boat balance.
- **Turning on the spot:** Forward sweep stroke to initiate a turn. Reverse sweep stroke to initiate a turn,
- **Turning on the move:** Use sweep stroke/s to turn the sea kayak at least 45 degrees around an obstacle while still maintaining some forward momentum.
- **Moving sideways:** Paddle a sea kayak sideways for 1 metre.



## Modules and Skills



### PADDLING IN WIND

- Identify which way the observed wind is pushing the kayak.



### SELF-RESCUE AFTER CAPSIZE

- Demonstrate a controlled capsizing drill using a spraydeck (capsize, bang 3 times on the hull, wet-exit).
- Swim 5m towing your kayak
- Explain why it is important to maintain contact with the kayak after a capsizing



### TEAM RESCUES

#### Assisted rescue after capsizing:

- Demonstrate being rescued in deep water.
- Demonstrate assistance in a deep-water swimmer rescue.
- Recite the basic safety rules of kayaking - personal buoyancy, ability to swim and always paddle with others.
- Explain the importance of staying close to other paddlers in case of emergency.

#### Towing:

- Make a raft with at least two other paddlers and demonstrate how to leave a raft.
- Perform a contact tow for a distance of 10 metres using no equipment.



### SCENARIO MANAGEMENT

- Follow a route led by a leader or instructor. Explain why not to cut across a corner.
- Explain the **CLAP** principle -
  - Communication:** ability to share information without speaking.
  - Line of sight:** always being in visual contact with members of the group to enable communication.
  - Avoidance:** recognition and avoidance of common hazards.
  - Positioning:** for best effect to enhance self and group safety, communication, and line of sight.
- Describe 3 tactics of moving as a team of sea kayakers.
- Identify three different ways of summoning outside assistance in the event of needing rescue. (waving arms, whistle, shouting)



### ENVIRONMENTAL AWARENESS

- List 3 ways that sea kayakers can ensure they Leave No Trace on the environment.
- Name and identify one type of each of the following: a seal, seabird and shoreline plant.



## Secondary Outcomes

- Be led on a trip within the remit.
- Have an enjoyable experience in a sea kayak
- Differentiate between a sea kayak and other kayaks.
- Demonstrate how to carry a sea kayak safely on land
- Identify the characteristics of a pfd suitable for sea kayaking.
- Be briefed as part of a group embarking on a short trip.
- Know the next steps involved in the Canoeing Ireland skills awards.

## Craft, Training and Assessment

**Craft:** A seaworthy sit-in sea kayak of adequate buoyancy, fitted with deck lines (perimeter lines) fore and aft, with a minimum of one bulkhead, minimum of one hatch and a minimum length of 285cm/9'6". Skegs and rudders are acceptable when used as appropriate.

**Training course entry requirements:** No minimum entry requirements. Open to everyone.

Duration of training course (indicative guidelines): Recommended 7-14 hours contact time with a qualified instructor.

**Assessment:** Continuous assessment throughout the training course.

**NOTE:** For SK L1 only there is a binary pass/fail outcome. The instructor assesses and signs off the paddler as having met the required standard.

**Certification:** Instructor processes the Canoeing Ireland Sea Kayak Level 1 certificate.