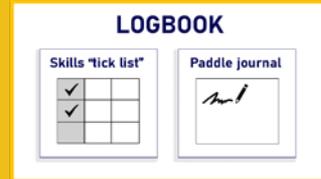


Sea Kayak Skills Award Level 2

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.



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):	F0-3
Sea state (Met Eireann):	Calm (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.
- 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.



EQUIPMENT KNOWLEDGE

- 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.



Modules and Skills



BOAT-HANDLING SKILLS

- **Kayak entry and exit, launching and landing:** Enter and exit a kayak appropriately maintaining control of the paddle. 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 traveling.
- **Reverse paddling:** Steer a kayak while reversing.
- **Stopping:** Stop the sea kayak in a straight line within 4 strokes.
- **Staying upright:** Hold a low edge or lean. Demonstrate a low brace support.
- **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 capsizing drill and demonstrate orientation upside down while using a spray deck.
- Perform a self-rescue in waist deep water.



TEAM RESCUES

Assisted rescue after capsizing:

- Re-enter a kayak during an X-rescue using the heel hook or other method.
- Assist in an X-rescue in deep water.
- Demonstrate an assisted capsizing recovery, e.g. T-rescue OR paddle-presentation rescue OR “11” 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:
 - **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 of and avoidance of common hazards.
 - **Positioning:** For best effect to enhance self and group safety, communication, and line of sight.

Modules and Skills



SCENARIO MANAGEMENT

- Participate in a trip briefing to a peer group using **DICET**:
 - Define: The length, duration, nature of and waypoints of the trip.
 - Identify: Sections of the trip which may be challenging (hazards).
 - Communication: Have a system of communicating basic messages.
 - Emergency/Exit: Have a plan for an escape point if things go wrong. Agree how a capsize will be managed.
 - Tactic: How the group will move as a team while maintaining the CLAP principle.
- Describe the causes, symptoms and prevention of hypothermia and sun exposure.

External Rescue:

- 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.



Secondary Outcomes

- Know a method of letting other paddlers in their group know when they observe a capsize.
- Have an understanding of what to look for when purchasing a sea kayak.
- Check a roof rack and straps to ensure that they are road worthy.
- Tie a sea kayak securely to a roof rack.
- Be aware of different types of paddles available to sea kayakers.



Craft, Training and Assessment

Craft: A seaworthy sit-in sea kayak of adequate buoyancy, fitted with deck lines (perimeter lines) fore and aft, a minimum of two bulkheads, minimum of two hatches and a minimum length of 375cm/12'6". Skegs and rudders are acceptable when used as appropriate.

Training course entry requirements: Level 1 Sea Kayak Skills standard. No age restriction. Obtain Canoeing Ireland Sea Kayak Logbook L2-L3.

Duration of course (indicative guidelines): At the outset the paddler obtains a Canoeing Ireland Sea Kayak Logbook L2-L3.

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 log book 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 Logbook 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 Certificate to the paddler.