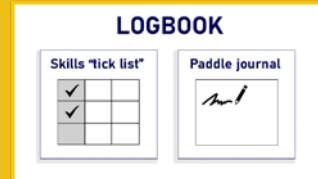


Sea Kayak Skills Award Level 5

Expectations:

I am an experienced, competent, confident sea kayaker who paddles all year round and enhances the paddling experience of a group on the water. I can handle my sea kayak with ease in a range of advanced conditions up to and including L5 conditions. I have a high level of situational awareness and can manage rescues and make decisions that are sound, effective and efficient.

I have achieved the Sea Kayak Club Leader Award. I am a reflective sea kayaker and use observation, analysis and reflection to improve my sea kayaking. I have recorded trips and my reflections in my logbook. I have sought out areas of my own skills and knowledge to improve upon. I have selected an area of specialisation in which to further develop my sea kayaking knowledge and skills. I have delivered a workshop to share my knowledge on a specialist topic. The workshop successfully met the brief and assessment criteria for L5 specialisation workshops.



Level 5 Conditions

Coastal features: Open ocean, occasionally out of sight of land, night-time, poor visibility.

Wind (Beaufort): F0-5

Sea state (Met Eireann): Moderate (1.25 - 2.5m significant wave height)

Surf: ≤ 1.0m broken waves

Flow: Overfalls, tidal streams and tide races ≥ 3kn

Open crossings: Open crossings where destination is out of sight.

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 435cm/14'6". The hull shape must be conducive to edge-turning and pivot turns required at this level. Skogs and rudders are acceptable when used as appropriate.

Training: Not applicable (see below)

The emphasis is on continuous learning through practical experience, critical self-reflection, journaling, and specialisation.

The paddler must complete the 'Paddle Journal' section in the official Canoeing Ireland L4/L5 Logbook recording their practical experience, critical self-reflection, and continuous learning and progression. Trips must be logged in all 4 Irish seasons and include at least 10 significant paddle journeys.

Other mandatory requirements are:

- L4 Sea Kayak Skills certificate.
- L4 Sea Kayak Club Leader Award.
- Level 5 Specialisation Module. (Refer to the Brief for L5 Specialist Workshops below.)
- A completed Paddle Journal



LEVEL 5 SPECIALISATION MODULE

What is the Level 5 Specialisation Module?

This award is given for the presentation of a Workshop on a topic that the Level 5 candidate has chosen. Its aim is to encourage experienced sea kayakers 'give back' to the paddling community and further the sea kayaking related knowledge and experience of the participants.

Brief for L5 Specialisation Module Workshops.

To complete the Level 5 Specialisation Module you are required to plan, prepare and deliver a bespoke workshop for paddlers which showcases your sea kayaking related specialist skills and interests. To arrange an assessment of a specialisation workshop, contact Canoeing Ireland who will assign an Instructor to you.

Workshop topic selection:

The topic of the workshop must be sea-kayaking related. Beforehand, the subject of your workshop must be submitted and approved by the Instructor.

Workshop preparation:

It is expected that your workshop will be at least a half-day, and have an on-water component, but can include onshore and classroom elements. You will be expected to show evidence of planning and preparation for the workshop. A session plan must be approved by the Instructor prior to the workshop. Your workshop must have clear outcomes that are achievable by your participants.

It is your responsibility to provide any training materials that are required for the workshop.

Assessment:

Your workshop will be observed by at least one Canoeing Ireland qualified Instructor who, where applicable, will have knowledge of the subject of your workshop.

There must be between 3 and 6 participants (this excludes you and the Instructor). If participants need pre-qualification, this needs to be agreed and achieved beforehand.

Feedback forms must be given to all participants and completed and returned to the Instructor.

After the workshop the L5 Instructor will provide constructive feedback in a debrief.

Certification:

An application for Sea Kayak Level 5 certification will be reviewed by the Canoeing Ireland Sea Kayak Level 5 awarding panel. If the panel decide that the paddler has met the standard, Canoeing Ireland notify the paddler and award the Canoeing Ireland Sea Kayak L5 cert. If the panel decide that the paddler is not there yet, they notify the paddler with the rationale behind the decision, and feedback and advice.