

ACA Coastal Kayaking Assessments, Level 1-3

Venue: sheltered water

KAYAK & EQUIPMENT General purpose kayak or sea kayak equipped with suitable floatation, deck lines (recommended) and grab loops
 PFD, paddle, food, drink, spare clothing and whistle
 Clothing suitable for immersion and appropriate to the conditions
 First Aid kit (for level 3 and above)

	Level 1	Level 2	Level 3
STROKES & MANEUVERS			
LIFTING ~ CARRYING:	Good, safe technique	Good technique with a variety of options	same as level 1
LAUNCHING:	Low dock, or bank for entering the boat	same as level 1	Efficient technique with a variety of put – ins
EFFICIENT FORWARD PADDLING:	100 yds, reasonably straight	200 yds, reasonably straight	500 yds, clear body rotation, directional control, and ability to change pace
EFFICIENT REVERSE PADDLING:	25 yds w/ reasonable control, looking over shoulder	50 yds paddle in a reasonably straight line	over a figure of 8 course, with good boat control, using correct strokes and edging
STOP:	Stop from a good speed, forwards & reverse	same as level 1	same as level 1
ROTATE 360° ON THE SPOT:	Spin kayak using full forward and reverse sweeps	same as level 1	Spin kayak using boat tilt and forward and reverse sweeps with appropriate edging
TURNING ON THE MOVE:	Sweep strokes underway to turn boat	same as level 1	turn with minimum speed loss, initiate with a forward sweep, then:
LOW BRACE TURN:	N/A	A sweep stroke followed by a low brace with inside tilt to assist efficiency	Low brace turn with inside edge
HIGH BRACE TURN:	N/A	N/A	High brace turn with inside edge
BOW RUDDER:	N/A	N/A	Bow rudder with off side edge
FIGURE OF 8:	Paddle a figure of 8 course using a variety of strokes	Using reasonable control	same as level 2
LANDING:	Return to dock or bank and exit boat	At low dock/bank under control w/o use of paddle	Efficient technique with a variety of take-outs
DRAW SIDEWAYS:	Move the boat sideways 10 feet, both sides	Move the boat sideways 15 feet with good directional stability	move the boat sideways 15 feet using good directional stability with:
T-DRAW:	N/A	N/A	Draw to the hip; body rotation; vertical shaft
SCULLING DRAW:	N/A	N/A	Sculling draw; Comfortable with good paddle articulation
DRAW ON THE MOVE:	N/A	N/A	Draw on the move- forward and reverse
SIDESLIP:	N/A	N/A	Sideslip / forward and reverse
RUDDERING:	Trailing paddle to keep the boat straight at reasonable speed	same as level 1	Trailing stern rudder to keep the boat straight at reasonable speed and able to adjust direction both left and right with paddle on each side
PREVENTING A CAPSIZE:	Low brace recovery to prevent off balance boat from capsize	Effective low and high braces, with boat well off balance	Efficient low and high brace recoveries, with boat moving and off balance to the point of capsize, followed by forward paddling
EDGING ~ BOAT TILT:	N/A	developing skill; not required to pass	Paddle a circle while edging both on and offside; full sweep strokes, gunwale deep outside edge. Forward and Reverse
SCULLING FOR SUPPORT:	N/A	developing skill; not required to pass	Low and high brace positions with proper blade articulation and rotation

RESCUE & RECOVERY

WET EXIT:	Capsize and wet exit, swim boat to shore and empty	Capsize and wet exit with sprayskirt, knows emergency procedure w/o grab loop	same as level 2
DEEP-WATER RESCUE:	N/A	Assisted drain and re-enter both as victim and rescuer	same as level 2
SWIM RESCUE:	N/A	Swim to shore (25 yards) in full paddling gear and drain boat	same as level 2
RAFTING UP:	N/A	For stability	same as level 2
PADDLE FLOAT SELF RESCUE:	N/A	Demonstrate self rescue using a paddle float	same as level 2
SELF RESCUE:	N/A	N/A	Using re-entry and roll, paddle-float reentry, paddle-float reentry and roll, OR cowboy rescue/ scramble
TOWING AND TOWLINE USE:	N/A	N/A	Understand tow systems and risks, able to solo tow a victim and demonstrate emergency release of the tow
CONTACT RESCUES:	N/A	N/A	Demonstrate ability to tow or push another kayaker a short distance without use of a tow line
SWIMMER RESCUE:	N/A	N/A	Stern toggle tow, bow push, and back-deck
BOW, STERN AND PADDLE RECOVERY:	N/A	developing skill; not required to pass	Confident capsize and rescues both as victim and rescuer using bow, stern and paddle techniques

DEVELOPING SKILLS (not required to pass)

KAYAK ROLL:	N/A	N/A	Come up within 3 attempts using any shoulder protected kayak roll; working on a roll that is dependable in conditions
CURRENT and WIND CONDITIONS:	N/A	N/A	Evidence of maneuvers, rescue and recovery techniques in more challenging conditions, understanding of basic hydrology
NAVIGATION:	N/A	N/A	Have comprehension of chart and compass use for basic navigation skills
SEAMANSHIP:	N/A	N/A	Knowledge of rules of the road, weather conditions and effects
LEADERSHIP:	N/A	N/A	Have an understanding of group leadership techniques/methods in mild conditions

KAYAK TRIPPING

DAY TRIP:	Evidence of at least one day trip of at least 3 nautical miles	Show evidence of at least one day trip of at least 5 nautical miles	Show evidence of, three or more day trips, of at least 10 nautical miles.
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TECHNICAL KNOWLEDGE

EQUIPMENT:	Have a working knowledge of paddling equipment	same as level 1	same as level 1
SAFETY:	Understand the dangers of kayaking and how to avoid trouble	same as level 1	same as level 1
HYPOTHERMIA ~ HYPERTHERMIA:	Recognition, avoidance and treatment	same as level 1	same as level 1
ENVIRONMENT ISSUES:	Leave No Trace, ecology, seamanship and water sense	same as level 1	same as level 1
GENERAL:	Familiar with the different disciplines of paddle sport	same as level 1	same as level 1
TRIP PLANNING:	Comfortable in preparing for a short day trip	same as level 1	Comfortable in preparing logistics for a longer, more exposed day trip
GROUP AWARENESS:	Familiar with whistle and paddle signals and group dynamics	same as level 1	Familiar with whistle and paddle signals, group dynamics and safety
SECURING BOATS TO RACK:	Attach kayak to rack using rope and suitable knots, or straps	same as level 1	Using straps, or knots including figure 8, bowline, truckers hitch & round turn with two half hitches
1st AID/ CPR:	N/A	N/A	Basic knowledge, strongly suggest Wilderness First Aid as a minimum