



## AMERICAN CANOE ASSOCIATION Kayaking – Level 1 Skills Assessment

**ASSESSOR:** Level 1 or higher Kayak Instructor

**VENUE:** Flatwater within swimming distance of shore.

### **KAYAK & EQUIPMENT**

- General purpose kayaks equipped with suitable floatation and grab loops.
- PFD, paddle, food, drink, spare clothing and whistle.
- Clothing and footwear suitable for immersion and appropriate to the conditions.

### **STROKES & MANEUVERS**

- LIFTING ~ CARRYING: Good, safe technique.
- LAUNCHING: Low dock, or bank, for entering boat in a safe manner.
- EFFICIENT FORWARD PADDLING: 50 yards in a reasonably straight line.
- STOP: Stop the kayak from a good speed, forward and reverse.
- REVERSE: 10 yard paddle with reasonable control, looking over shoulder.
- ROTATE 360° ON THE SPOT: Spin kayak using forward and reverse sweeps.
- TURNING ON THE MOVE: Sweep strokes while underway to turn boat.
- FIGURE OF 8: Paddle a figure of 8 course using a variety of stroke.
- LANDING: Return to dock or bank and exit boat in a safe manner.
- DRAW SIDEWAYS: Move the boat sideways 10 feet, both sides.
- RUDDERING: Trailing paddle to keep the boat straight at reasonable speed.
- PREVENTING A CAPSIZE: Low brace to stabilize and recover an off balance boat.

### **RESCUE & RECOVERY**

- WET EXIT: Capsize and wet exit, swim boat to shore and empty in a safe manner.
- T or TX rescue to empty boat and side by side assisted re entry.
- BULLDOZE BOAT TO SHORE

### **KAYAK TRIPPING**

- EXPERIENCE: Has paddled at least a short duration (1 hr) and distance (1 mi) daytrip.

### **TECHNICAL KNOWLEDGE**

- EQUIPMENT: Have a working knowledge of paddling equipment.
- SAFETY: Understand the dangers of kayaking and how to avoid trouble.
- HYPOTHERMIA & HYPERTHERMIA: Know symptoms and treatment.
- ENVIRONMENT ISSUES: Has an understanding of ecology, water, and "Leave No Trace" principles.
- TRIP PLANNING: Familiar with how to prepare for a short day-trip.
- GROUP AWARENESS: Familiar with whistle and paddle signals and on-water group dynamics.
- GENERAL: Familiar with the different disciplines of paddle sport.
- SECURING BOATS TO RACK: Attach kayak to rack using rope and suitable knots or straps.