

New South Wales Sea Kayak Club

Australian Canoeing Sea Skills

SEA SKILLS ASSESSMENT

This document outlines the requirements for candidates to gain the Australian Canoeing Sea Skills Award through the New South Wales Sea Kayak Club.

There are many different abilities required for safe sea kayaking. This award expects an awareness of some, a solid understanding of others as well as a level of skill capable of competently handling a kayak in moderate sea conditions.

Please ensure you are able to meet all the requirements prior to an assessment.

For accreditation candidates will need to:

- Present a Log Book.
- Present a theory assignment.
- Pass a practical skills and knowledge assessment.

SEA SKILLS LOG BOOK

Sea Skills requires you maintain and present a Log Book of your paddling experience to date. Certain specific requirements must be completed before presenting yourself for assessment. The purpose is to establish that you have had some experience paddling with others at a level and in the conditions required for Sea Skills assessment.

The Log Book must contain a record of:

- A passage covering 5Nm in 90 minutes or less.
- A minimum of two overnight coastal sea kayak trips.
- A minimum of six coastal trips of no less than three hours duration.

Log information must include Date, location, duration, distance, weather/sea conditions and participants. [other comments optional]

All qualifying trips must have been undertaken during the previous two years and be verified by an AC qualified Sea Leader, Guide or Instructor.

SEA SKILLS THEORY ASSIGNMENT

You will need to complete an assignment in the form of an overnight trip plan. This part of the Sea Skills assessment is to show your understanding of the factors required for planning a safe trip.

You will have 6 weeks in which to complete the assignment. You may present a copy for review prior to the assessment and changes can be made during this time. However a final hard copy, in a readable, bound format must be presented at or before your practical assessment and it is this submission that will be assessed. Please note that the Assignment you submit will be retained by the NSWSKC as part of the Assessment evidence required.

The assignment content must be your original work, supported by maps, charts, weather forecasts and any other information relevant to the trip plan.

Trip Plan parameters:

- The trip must be in an area that fits within the ACAS definition of Sea. It should include tide and surf conditions that need to be considered as part of your planning.
- The campsite should be semi-remote with no vehicular access.
- Your plan needs to include and account for three other paddlers who have a similar level of skill, knowledge and experience.

You will need to include:

A Float Plan containing all essential information required to assist Rescue Services in the event of an emergency or overdue return.

A Trip plan giving detailed information on the proposed trip. It should be supported by charts (or chart extracts) with transposed navigational and topographical information such as transits, emergency take-out points, hazards etc.

Details of distances, times and ETAs, allowing for expected conditions.

A Risk Assessment (in a matrix form) showing an understanding of likely risks and the steps taken to minimize or control them.

Obtain (and print) the appropriate BOM forecasts and apply this information to the proposed trip. Show an understanding of the weather and its effect on paddling conditions likely to be encountered at various points.

Chart preparation and notes will need to demonstrate knowledge of:

- The difference between course, bearings and headings.
- Magnetic variation and compass use.
- Chart symbols, in particular tidal flows, navigation marks and hazards.
- Latitude and Longitude and chart position plotting.
- Scale.

Please note; while detailed information is encouraged it should be kept relevant and presented in a *clear, concise and useable* manner. Consideration should be given to its importance and necessity for inclusion in a user-friendly document.

SEA SKILLS PRACTICAL ASSESSMENT

The practical assessment consists of:

- A knowledge test
- An examination of equipment and kayak set up
- Oral questioning
- Observation of skills

Knowledge Test

This is in the form of a closed book multiple-choice questionnaire.

You will need to answer 60% of the questions correctly in the time allocated.

The subjects will cover Navigation, Map & Chart Interpretation, Maritime Rules, Tides, Weather and Surf conditions (** NOTE this may need updating **)

Equipment

As listed for NSWSKC grade 3

Appropriate and sufficient for the conditions likely to be encountered.

You may be asked questions regarding an items purpose and to demonstrate its use.

You may be asked to demonstrate basic knots used to secure or attach items.

You may be asked to justify personal choices regarding your equipment and set up.

Questioning

You may be asked questions on relevant subjects, including the expected conditions, location specific risks and hazards and your position throughout the assessment.

Skills

You will be expected to demonstrate various skills in moderate sea conditions:

- Maneuver your kayak forward backwards & sideways
- Use appropriate support strokes for any situation.
- Participate in rescues as both rescuer and rescuee
Set up and tow a paddler for five minutes then disengage and re-stow.
- Show awareness of group towing, managing casualties during towing, reassessing group objectives and alternatives to towing.
- Capsize, exit and self-rescue.
- Capsize and roll in surf, where the wave face is up to one meter.
- Show surf zone skills including: launching & landing, situational awareness, bracing, injury prevention, signals and capsize recovery.
- Communication within the group while participating in the various exercises.

Candidates are expected to show confidence while using these skills in a safe and efficient manner throughout the assessment. Injury prevention techniques should be used at all times.