

**Pre-requisites :** at least 3 different journeys on the sea, of about 3 hours duration (8nm) each

**Equipment:** sea kayak, personal clothing,, spare clothing, food and drink, means of summoning external assistance and awareness of its limitations, Towline, Knife, Whistle, Basic first aid kit, Basic repair kit, Exposure bag or emergency shelter.

**Assessment Venue :** a suitable sea journey, wind up to and including Force 3, Sea State 3.

**Assessment Ratio** 1:6            Body, boat and blade, "Safety Box", both sides, rudder disabled

**A.1 Lifting, carrying and launching/landing and securing** - team work where necessary to limit the risk of accident and injury. Launch safely and efficiently from any simple launch site with the boat afloat. Secure kayak to trailer, rack or roof rack using straps or rope. If rope is used it must be an efficient recognised knot.

**A.2 Efficient forward paddling** - Including; Good trunk rotation, high paddling action with reasonably extended front arm. Good catch and power phase with early exit of the blade. Lower limb cycling action and push and pull ratio of the arms. Good style a with sufficient power in the stroke to paddle against wind

**A.3 Reverse paddling, stopping** - Accurate and efficient reverse paddling utilising coastal features and other kayakers. Stopping in a controlled manner when forwards and reverse paddling, minimum number of strokes.

**A.4 Maintaining Direction** – Effective edging strategies to control the kayak whilst travelling both forwards and in reverse. Stern Rudder. Blade in the water towards stern. Candidates Kkeep the kayak running straight, with the paddle kept on one side of the kayak whilst maintaining speed e.g. used to run through a narrow gap.

**A.5 Changing Direction** - Turning 360 degrees in both directions using alternate forward and reverse sweep strokes and edging to assist. Blade covered, full arm extension elbow slightly bent. On the move through 90 degrees using combinations of both inside and outside edge and vertical and horizontal paddle positions to avoid obstacles. (e.g. sweep, low brace turn, bow rudder.) turn is initiated with a vertical paddle stroke.

**A.6 Moving Sideways** -static and on the move- variety of techniques to produce an efficient sideways movement without the kayak turning, the body should be well rotated, shaft upright, blade fully submerged.

**A.7 Supporting** - High & low recovery - kayak well off balance. On move, forward paddling is to be resumed.

**A.8 Rolling on flat water** - One side only, following a full capsize. Any number of attempts to roll successfully.

**B.1 Deep-water rescue** - Safe and timely rescue of capsized kayaker, appropriate dialogue whilst maintaining control of rescue. Capsize, then follow directions of able rescuer, re-occupy their rescued kayak.

**B.2 Contact tows and use of towline** - Push or pull contact tow and a simple towline demonstrate an emergency release. Candidates must indicate that they are aware of the inherent dangers of towing.

**B.3 Eskimo Rescue** - Both rescuer and victim, kayak and paddle presentation, first time recovery must follow, but 2 attempts may be made. Approach from a safe angle at a sensible speed,not approach from right angles.

**C.1 Personal risk management            C.2 Awareness of others            C.3 Paddle as part of a led group**

**D.1 Equipment** – why choose equipment, advantages/disadvantages, preferences and why

**D.2 Sea Safety** - Safety precautions, effects of wind (particularly offshore), swell, tide and geographical features. Coastguard organisations and rescue services. Hazards (environmental and other water users)

**D.3 Weather** - Various sources of appropriate weather forecasts and how to interpret for proposed journey.

**D.4 Hypothermia/First aid** - Signs and symptoms of hypothermia. Help with basic first aid issues.

**D.5 Access** - Access issues and legislation, freedom to paddle on the sea, harbour authorities charging.

**D.6 Environment** -Responsibility to the environment, local wildlife, habitats and preservation. Codes of practice.

**D.7 Planning** - Identify basic coastal features using a map and chart, interpret tide tables and constants.

**D.8 Group Awareness** know where group are, giving others space and support

**D.9 General Knowledge** history, other disciplines, BCU/Canoe England,sources of information

**D.10 Navigation** sources of info. What's needed to paddle

3 Star Sea Kayak

Candidates – enter names →  Skills/Rescue / Safety & Leadership /  Theory ↓	Candidate 1	Candidate 2	Candidate 3	Candidate 4	Candidate 5	Candidate 6
Lift/carry/launch & secure						
Efficient forward-rotation, reach, upright						
Reverse/stop –efficient & controlled						
Edge –Stern rudder –maintain direction						
Turn 360 & 90–forwards/backwards						
Move Sideways –static & moving						
Recovery –h& l move & resume paddling						
Roll – flat water						
Deep water Rescue						
Contact tow & towline –know dangers						
Bow & paddle presentation						
Personal risk management						
Awareness of others						
Being led						
Equipment						
Safety						
Weather						
Hypothermia/First Aid						
Access						
Environment						
Planning						
Group Awareness						
General knowledge						
Navigation						