

3 = Competent at standard 2 = not quite competent    4 = slightly above standard 1 = not competent          5 = extremely competent	SCORING					DEVELOPMENT ACTION
	1	2	3	4	5	
<b>Pre-requisites:</b> Over 16 at assessment Sea 3* +4* Training First Aid (min 8hrs) including CPR Evidence of 10 sea trips-5 as assistant Paddle 15-20 miles per day in 3*conditions						
<b>Craft and equipment:</b> Sea Kayak, paddle + split paddle  <b>Personal:</b> clothing waterproof kit bag, buoyancy aid and helmet spare clothing, tow line and emergency equipment for personal use, packed lunch, drink, knife, whistle, appropriate navigation kit, equipment to summon assistance  <b>Group:</b> first aid kit, repair kit, map, spare food, shelter, bivi bag						
<b>Personal Paddling Skills</b> Lift, carrying and launch/land Forward Paddling Reversing& stopping Maintain Direction Changing Direction Moving sideways Supporting Rolling Practical Navigation						
<b>Skillful application of appropriate boat and rescue skills</b> Rescue capsized, swimming paddler + equipment Self rescue Towing						

Carrying Shepherding Effective Team Leader in rescue/incidents						
<b>Safety, Leadership and Group Skills</b> Skillful application of leadership eg CLAP principles  Appropriate leadership strategies, judgement and decision-making  Safety awareness and risk management  Group control and management  Incident management						
<b>Theory</b> Equipment – <i>range and application of sea specific –kayaks, skegs, rudders, towlines, emergency communications, if VHF must have licence</i>  <i>Safety - include coastguard and rescue services</i>  <i>Weather - interpret various sources of forecast, understand impact of weather on sea conditions</i>  <i>Hypothermia/First Aid - sound, safe judgement, deal with incident and see it through-simple evacuations, emergency services and group care</i>  <i>Access - access issues throughout UK and sources of information and freedom to paddle on sea</i>  <i>Environment – appreciate &amp;enjoy natural environment, how to protect it, flora &amp; fauna</i>  <i>Planning/navigation –plan day journey in unfamiliar area, pilots, maps, charts,route plan to share with coastguard</i>  <i>Group Awareness and Management -Organising a group both on and off waters, questions to ask self and others</i>  <i>Other Water Users – collision regulations/ signals</i>  <i>General – history of sea kayaking, current developments</i>  <i>Water Features/Hazards –include tidal planning</i>						

Leadership Responsibilities <i>legal and moral responsibilities of a leader – to group, club &amp; BCU</i>						
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