

## 2\* Assessment - in variety of craft -inland, sea and canoe

**Lift carry & launch the boat from a variety of banks** -assistance recommended, demo safe lifting and carrying (straight back, bend legs, load close to body), be able to alter footrest, backrest, seat to fit. Boat floating and enter with paddle within reach but not used. Spray decks.

**Efficient forward paddling -straight line 250m.** Kayak limited use of correction strokes, canoe can include switching sides to generate momentum then power and steering on one side only. Candidates demonstrate: **Active Posture, power from trunk rotation, smooth power transfer with no excessive bobbing of boat or body, driving paddle into water with extended front arm, appropriate paddle grip.**

**Steering - Canoe** -stern sweeps, rudders and J strokes -reasonably straight course with gentle turns between markers. Trim demonstrated if windy, if not candidate aware of effect of trim. **Kayak-** from good running speed boat kept straight through narrow gap (2 boat widths) with trailing paddle or rudder.

**Manoeuvre in and out of confined space** -control and accuracy into and out of confined space -no touching sides. Look where going.

**Moving Sideways** -5m both ways without excessive swing -blade submerged, canoe use draws prys or cross deck draws.

**Prevent capsize-** efficient low recovery both sides, paddler off balance. Tandem canoe combine low recovery with draw. Awareness of high and sculling support

**Turn on the move-**a selection of wide/tight -90°, 180°, 270°, 360°.

**Secure** - boat to trailer/ roof rack using ropes or straps

**Capsize and self-rescue** capsize (with spraydeck) without panic, either climb in and bail or swim ashore with kit & empty. Other paddlers may assist.

**Peer rescue** - help peer back into boat, x-rescue, curl or tow/shunt to shore

**Leadership** -plan and execute accompanied trip 30-60mins demonstrating **personal risk assessment, awareness of others,** questions about start and finish, kit, describe journey environment, transport, weather & forecast, anticipated hazards, timings, emergency procedures - not detailed knowledge but some awareness evident. Ensure that **canoeist code of conduct followed, safety of group not compromised, appropriate decisions made.**

**One or two questions on the following:**

**Equipment**

**Safety**

**Hypothermia/First Aid**

**Access**

**Environment**

**Planning**