

New South Wales Sea Kayak Club

Paddle Australia Sea Skills

SEA SKILLS ASSESSMENT

This document outlines the requirements for candidates to gain the Paddling Australia 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 in PaddleLog format (<http://paddlelog.canoe.org.au/>)
- 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.

The log book should be ideally in PaddleLog format (<http://paddlelog.canoe.org.au/>).

Key information includes Date, location, duration, distance, weather/sea conditions and participants. The log book should be verifiable, ideally verified or at least

variable with the contact details of a PA qualified Sea Leader, Guide or Instructor in conditions relevant for the Award (i.e. at sea).

The dates should be ideally within the last two years which can be stretched to three as long as there is some experience within the last year.

SEA SKILLS THEORY ASSIGNMENT

You will need to complete an assignment in the form of a 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. 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.

The assignment should have trip plan for a three hour coastal paddle with friends in an area of your choice. The area must use launch and landing areas that are affected by tide, around 0.5 m of surf and fit within the award definition, i.e. open sea up to 4 NM from shore.

Prepare:

- A simple route plan for the trip including main route, stops and contingencies
- An equipment list for the trip, taking into consideration sun sense and hypothermia precautions
- A basic contingency plan in the event of environmental, human or equipment failure.

Look at the Bureau of Meteorology site and write down or print out the forecast for your trip. Analyse how these conditions will affect your trip and outline any changes or precautions you might take

The route plan 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.