

Proposal Name: Award Based Education System

ACA Instruction disciplines this affects: Coastal Kayak, though other disciplines could adopt similar programs if they wished.

Proposal: Adopt a skills certification system to supplement current ACA Coastal Kayak courses. Instructor Trainers conduct assessments at appropriate levels of certification (Basic CKIT to L-2, Open Water CKIT to L-4, AOWIT to L-5.)

Background: Already in use by other countries (UK, Canada, Australia), skills certifications identify skill and knowledge level at time of assessment, clarifying paddler's path of progression and assisting in risk management decisions for sea kayakers the way river ratings assist river paddlers. Benefits instructor standards by early identification of skill requirements for paddlers who wish to become instructors. Provides a rating system for those who don't.

Existing documents where change should be reflected:

None. Three of five assessment outlines are submitted now for approval for use as assessment criteria (Levels 2-4) in a pilot program. These have been written to reflect a logical progression of skills, and to allow for reciprocal exchange with other systems (UK, Canada, Australia). Levels 1 and 5 will be submitted in November 05, along with improvements deemed useful after experimental use of the core outlines.

Other means for disseminating the change: Web site. Mail or e-mail details to all ITs and instructors.

Attachments/ references: Assessment criteria outlines, L-2, L-3, L-4.

ACA LEVEL 2 Kayak Award

ASSESSOR

- Basic Coastal Kayak Instructor Trainer

VENUE

- Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

- General purpose kayak or sea kayak equipped with suitable floatation, deck lines and grab loops
- PFD, spray skirt with release strap, paddle, food, drink, spare clothing, whistle
- Clothing suitable for immersion and appropriate to the conditions

STROKES & MANEUVERS

- LIFTING ~ CARRYING:** good technique with a variety of options
- LAUNCHING:** low dock/bank entering boat without use of paddle
- EFFICIENT FORWARD PADDLING:** 200 meter paddle with reasonable steering control
- EFFICIENT REVERSE PADDLING:** 50 meter paddle with reasonable steering control
- STOP:** stop the kayak from a good speed, forwards or reverse
- ROTATE 360° ON THE SPOT:** spin kayak using full forward and reverse sweeps
- PADDLE A FIGURE OF 8 COURSE:** using reasonable steering control
- DRAW SIDEWAYS:** move the boat sideways 5 meters using good directional stability
- PREVENT CAPSIZE:** effective low and high brace, both sides, with boat off balance to waist
- RUDDERING:** trailing stern rudder to keep the boat straight at reasonable speed
- TURNING ON THE MOVE:** sweep strokes while underway to turn boat
- TURNING ON THE MOVE:** sweep followed by a low brace turn with inside tilt to assist
- LANDING:** at low dock/bank under control without use of paddle and no damage to boat or bank

RESCUE & RECOVERY

- WET EXIT:** capsize and wet exit with sprayskirt attached with and without use of grab loop
- DEEP-WATER RESCUE:** assisted drain and re-enter both as victim and rescuer
- SWIM RESCUE:** swim to shore (~25 meter) in full paddling gear and drain boat
- RAFTING UP:** for stability
- PADDLE FLOAT SELF RESCUE:**

BEGINNINGS

- SCULLING DRAW:** comfort with good paddle articulation
- ESKIMO RESCUE:** assisted recovery as victim and rescuer, using partners bow or stern
- EDGING ~ BOAT TILT:** paddle a circle while edging both on and offside
- SCULLING FOR SUPPORT:** support from proper blade articulation and rotation

ACA LEVEL 2 Kayak Award

KAYAK TRIPPING

- ONE DAY TRIP:** Show evidence of at least one day trip of at least 5 nautical miles

TECHNICAL KNOWLEDGE

- EQUIPMENT:** have a working knowledge of paddling equipment
- SAFETY:** understand the dangers of kayaking and how to avoid trouble
- HYPOTHERMIA ~ HYPERTHERMIA:** understand body heat control
- ENVIRONMENT ISSUES:** understand ecology, seamanship and water sense
- TRIP PLANNING:** comfortable in preparing for a short day trip
- GROUP AWARENESS:** familiar with whistle and paddle signals and group dynamics
- GENERAL:** familiar with the different disciplines of paddle sport
- SECURING BOATS TO RACK:** attach kayak to roof rack using rope and suitable knots

ACA LEVEL 3 Sea Kayak Award

ASSESSOR

- Coastal Kayak Open Water Instructor Trainer

VENUE

- Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

- General purpose kayak or sea kayak equipped with suitable floatation, deck lines & grab loops
- PFD, spray skirt with release strap, paddle, food, drink, spare clothing, whistle
- Clothing suitable for immersion and appropriate to the conditions
- First Aid kit

STROKES & MANEUVERS

- LAUNCHING AND LANDING:** efficient technique on a variety of low and high put-ins
- EFFICIENT FORWARD PADDLING:** 500 meter paddle with clear body rotation, directional control, and ability to change pace
- EFFICIENT REVERSE PADDLING:** over a figure of 8 course with good boat control, using a variety of strokes
- TURNING ON THE MOVE:** quickly turn with minimum speed loss, start with a bow sweep
 - Low brace turn with onside tilt
 - High brace turn with onside tilt
 - Bow rudder with on and offside tilt
- ROTATE 360° ON THE SPOT:** spin kayak using boat tilt and forward and reverse sweeps
- EDGING ~ BOAT TILT:** edging for assist in turning- turn a circle with full sweep strokes and gunnel deep offside edge to assist turn. Forward and Reverse
- RUDDERING:** trailing stern rudder to keep the boat straight at reasonable speed, adjusting direction both left and right with paddle on either side
- DRAW SIDEWAYS:** move the boat sideways 5 meters using good directional stability with
 - Draw to the hip
 - Sculling draw
 - Draw on the move- forward and reverse
 - Sideslip / hanging draw- forward and reverse
- PREVENT CAPSIZE:** efficient low and high brace recovery on both sides with the boat moving and off balance to the waist followed by forward paddling
- SCULLING FOR SUPPORT:** low and high positions with good blade articulation

ACA LEVEL 3 Sea Kayak Award

RESCUE & RECOVERY

- WET EXIT:** comfortable capsize and wet exit with sprayskirt attached
- SELF RESCUE:** using a technique such as re-entry and roll, paddle-float reentry, paddle-float reentry and roll, cowboy rescue/ scramble.
- DEEP WATER RECOVERY:** assisted drain and re-enter both as victim and rescuer.
- TOWING AND TOWLINE USE:** understand tow systems and their dangers, be able to tow a victim without help, and demonstrate emergency release of the tow
- CONTACT RESCUES:** demonstrate ability to tow or push another kayaker a short distance without use of a tow line
- SWIMMER RESCUE:** stern toggle tow, bow push, and back-deck
- ESKIMO RESCUE:** confident capsize and rescue both as victim and rescuer using bow, stern and paddle presentation techniques

BEGINNINGS

- KAYAK ESKIMO ROLL:** come up within three attempts using a standard kayak roll. Half roll is acceptable
- CURRENT, WIND, ROUGH CONDITIONS:** evidence of maneuvers, rescue and recovery techniques in more challenging conditions as well as an understanding of basic hydrology
- NAVIGATION:** basic chart and compass use and basic navigation skills
- SEAMANSHIP:** basic knowledge of rules of the road, weather conditions and effects
- LEADERSHIP:** basic understanding of group leadership in mild conditions

KAYAK TRIPPING

- THREE-DAY TRIPS:** Show evidence of at least three day trips of at least 10 nautical miles.

TECHNICAL KNOWLEDGE

- EQUIPMENT:** have a working knowledge of all paddling equipment
- SAFETY:** understand the dangers of exposed kayaking and how to avoid trouble
- HYPOTHERMIA ~ HYPERTHERMIA:** good understanding of body heat control
- 1st AID/ CPR:** basic first aid knowledge and current CPR card
- ENVIRONMENTAL ISSUES:** understand ecology, seamanship and water sense
- TRIP PLANNING:** comfortable in preparing logistics for a long, exposed day trip
- GROUP AWARENESS:** familiar with whistle and paddle signals, group dynamics and safety
- CAR- TOPPING AND CARRYING:** good transport technique with a variety of options and knots

ACA LEVEL 4 Sea Kayak Award

ASSESSOR

- Coastal Kayak Open Water Instructor Trainer

VENUE

- Open water, wind to 11-16 knots, surf to 3 feet (1 Meter), current to 3 knots ~ Award completion depends on

KAYAK & EQUIPMENT

- Sea kayak equipped with suitable floatation, deck lines and grab loops
- PFD, helmet, spray skirt with release strap, paddle, spare paddle, whistle
- Food, drink, and warm drink
- Spare clothing/ shelter
- Paddle clothing suitable for immersion and appropriate to the conditions
- First Aid kit
- Repair kit

STROKES & MANEUVERS ON OPEN WATER

- LEVEL 3 AWARD:** any elements from your prerequisite L/3 award
- LAUNCHING AND EMBARKING:** good technique with boat floating in a variety of conditions / scenarios
- EFFICIENT FORWARD PADDLING:** 500 meter paddle with good body rotation, and control over pace and direction
- EFFICIENT REVERSE PADDLING:** over a figure of 8 course with good boat control and variety of strokes
- TURNING ON THE MOVE:** quickly turn, with minimum speed loss, starting with a bow sweep
 - Low brace turn with onside tilt
 - High brace turn with onside tilt
 - Bow rudder with on and offside tilt
- ROTATE 360° ON THE SPOT:** spin kayak using deep offside boat tilt and full sweeps
- EDGING ~ BOAT TILT:** edging for assist in turning a with sweep strokes and gunnel deep offside edge. Forward and reverse
- RUDDERING:** trailing stern rudder to keep the boat straight at reasonable speed in following seas with paddle kept on one side (demonstrate both sides)
- DRAW SIDEWAYS:** move the boat sideways 5 meters using good directional stability with
 - Hip draw
 - Sculling draw
 - Draw on the move: forward and reverse
 - Sideslip / hanging draw: forward and reverse
- PREVENT CAPSIZE:** efficient low and high brace recovery on both sides with the boat moving and off balance to the waist followed by forward paddling

ACA LEVEL 4 Sea Kayak Award

NEGOTIATE MODERATE WIND AND SEA CONDITIONS:

- Paddling comfort with all above techniques in moderate sea conditions
- Demonstrate ability to paddle in a head sea, beam sea, quartering sea and following sea
- Demonstrate ability to turn up wind and down wind efficiently
- Demonstrate ability to hold position

NEGOTIATE MODERATE SURF:

- Launch and land forwards under control (without being surfed)
- Launch and land backwards under control (without being surfed)
- Hold position in surf
- Surf, broach and side surf

NEGOTIATE MODERATE CURRENT: (3 knots)

- Comfort establishing a ferry angle- forward and reverse
- Control in peeling out and eddy turns

RESCUE & RECOVERY

- WET EXIT:** comfortable capsize and wet exit in rough conditions/ current
- SELF RESCUE:** re-enter kayak in rough conditions without assistance and pump out boat
- DEEP WATER RECOVERY:** demonstrate efficient assisted drain and re-enter in rough conditions as victim and rescuer
- SOLO TOWING:** tow a victim without help in rough conditions making appropriate use of long and short tow line and demonstrate emergency release of the tow
- ASSISTED TOWING:** tow a victim with help from a third kayaker to provide stability
- ASSISTED TOWING:** tow a victim with help from a third towing kayaker to provide propulsion
- RAFTING:** demonstrate ability to raft up with another kayaker to provide stability in rough conditions
- CONTACT RESCUES:** demonstrate ability to tow or push another kayaker without use of a tow line in rough conditions
- ESKIMO RESCUE:** confident capsize and rescue both as victim and rescuer using bow, stern and paddle presentation techniques in rough conditions
- ESKIMO ROLL:** demonstrate a roll on one side with set up

BEGINNINGS

- COMBAT ESKIMO ROLL:** roll on both sides without a set-up, come up within three attempts
- COMBAT ESKIMO ROLL:** roll on both sides in rough conditions, wind, surf
- RE-ENTER AND ROLL:** come up within three attempts
- NIGHT PADDLING:** comfort in paddling at night in familiar conditions as a trip participant
- LEADERSHIP:** ability to lead a group in moderate conditions

ACA LEVEL 4 Sea Kayak Award

KAYAK TRIPPING

- THREE DAY TRIPS:** Show evidence of at least three all day trips of 12-15 nautical miles in a variety of conditions
- ONE MULTI-DAY TRIP:** Show evidence of at least one multi-day journey involving overnight camping

TECHNICAL KNOWLEDGE & SEAMANSHIP

- EQUIPMENT:** have a working knowledge of all paddling and safety equipment
- SAFETY:** understand the dangers of exposed kayaking and how to avoid trouble
- HYPOTHERMIA ~ HYPERTHERMIA:** good understanding of body heat control
- 1st AID/ CPR:** basic first aid knowledge and current CPR certification
- ENVIRONMENTAL ISSUES:** understand river ecology, seamanship and river sense
- TRIP PLANNING:** comfortable in preparing logistics for a long, exposed sea day trip
- GROUP AWARENESS:** familiar with whistle and paddle signals, group dynamics and safety
- GROUP LEADERSHIP:** familiar with group management practices in moderate conditions
- GENERAL:** understanding the effects of wind, tide and current, etc.
- KNOTS:** tie a bowline, figure 8, clove hitch, round turn and 2 half hitches, trucker hitch
- REPAIRS IN THE FIELD:** demonstrate use of repair kit
- PACKING ~ TRIMMING:** loading a kayak for a multi-day journey
- NAVIGATION:** chart reading and plotting, symbols, depths, drying heights, hazards, bouyage, tidal / current predictions, selection of escape routes, use of ranges and line of position (LOP)
- COMPASS USE:** taking and following bearings, fixing position
- COAST GUARD:** demonstrate knowledge of rescue services and how to use them, include use of radio, flares and other signals
- WEATHER:** know sources of weather forecasts and understand how to interpret them
- LOCAL CONDITIONS:** familiarizing and understanding the local paddling area, local traffic and potential hazards
- SEAMANSHIP:** Rules of the road, including collision regulations, light and sound signals