



Coastal Kayak Level 2 Award Assessment

ASSESSOR: Basic Coastal Kayak Instructor Trainer, or
Open Water Instructor with BCU Coach 3, A1

VENUE: Sheltered water, not a swimming pool

KAYAK & EQUIPMENT

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

STROKES & MANEUVERS

- 1) LIFTING ~ CARRYING
 - Good technique with a variety of options
- 2) LAUNCHING
 - Low dock or bank
- 3) EFFICIENT FORWARD PADDLING
 - 200 yards paddle in a reasonably straight line
- 4) EFFICIENT REVERSE PADDLING
 - 50 yards paddle in a reasonably straight line
- 5) STOP
 - Stop the kayak from a good speed, forwards or reverse
- 6) ROTATE 360° ON THE SPOT
 - Spin kayak using full forward and reverse sweeps
- 7) PADDLE A FIGURE OF 8 COURSE
 - Using reasonable control
- 8) DRAW SIDEWAYS
 - Move the boat sideways 15 feet with good directional stability
- 9) PREVENT CAPSIZE
 - Effective low and high braces, with boat well off balance
- 10) RUDDERING
 - Trailing stern rudder to keep the boat straight at reasonable speed
- 11) TURNING ON THE MOVE
 - Sweep strokes while underway to turn boat
- 12) LOW BRACE TURN
 - A sweep stroke followed by a low brace with onside tilt to assist efficiency
- 13) LANDING
 - At low dock/bank under control without use of paddle and no damage to boat or bank

RESCUE & RECOVERY

- 1) WET EXIT

- Capsize and wet exit with sprayskirt, knows emergency procedure w/o grab loop
- 2) DEEP-WATER RESCUE
 - Assisted drain and re-enter both as victim and rescuer
 - 3) SWIM RESCUE
 - Swim to shore (25 yards) in full paddling gear and drain boat
 - 4) RAFTING UP
 - For stability
 - 5) PADDLE FLOAT SELF RESCUE
 - Demonstrate self rescue using a paddle float

DEVELOPING SKILLS (not required to pass)

- 1) SCULLING DRAW
 - Comfort with good paddle articulation
- 2) BOW RECOVERY
 - Assisted recovery as victim and rescuer, using partners bow or stern to right the capsized kayak
- 3) EDGING ~ BOAT TILT
 - Paddle a circle while edging both on and offside
- 4) SCULLING FOR SUPPORT
 - Support from proper blade articulation and rotation

KAYAK TRIPPING

- 1) ONE DAY TRIP
 - Show evidence of at least one day trip of at least 5 nautical miles

TECHNICAL KNOWLEDGE

- 1) EQUIPMENT
 - Have a working knowledge of paddling equipment
- 2) SAFETY
 - Understand the risks of kayaking and avoidance possible
- 3) HYPOTHERMIA ~ HYPERTHERMIA
 - Recognition and treatment
- 4) ENVIRONMENTAL ISSUES
 - Leave No Trace etc, ecology
- 5) TRIP PLANNING
 - Comfortable in preparing for a short day trip
- 6) GROUP AWARENESS
 - Familiar with whistle and paddle signals
- 7) GENERAL
 - Familiar with the different disciplines of paddle sport, seamanship
- 8) SECURING BOATS TO RACK
 - Attach kayak to rack using rope and suitable knots, or straps