



Coastal Kayak Level 3 Award Assessment

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

VENUE: Sheltered water

KAYAK & EQUIPMENT

- 1) General purpose kayak or sea kayak, equipped with suitable floatation, deck lines & 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
- 4) First Aid kit

STROKES & MANEUVERS

- 1) LAUNCHING AND LANDING
 - Efficient technique with a variety of put – ins
- 2) EFFICIENT FORWARD PADDLING
 - 500 yards paddle with clear body rotation, directional control, and ability to change pace
- 3) EFFICIENT REVERSE PADDLING
 - over a figure of 8 course, with good boat control, using correct strokes and edging
- 4) TURNING ON THE MOVE
 - turn with minimum speed loss, initiate with a forward sweep
 - a. Low brace turn with onside tilt
 - b. High brace turn with onside tilt
 - c. Bow rudder with tilt
- 5) ROTATE 360° ON THE SPOT
 - Spin kayak using boat tilt and forward and reverse sweeps
- 6) EDGING ~ BOAT TILT
 - Edging to assist in turning in a circle with full sweep strokes and gunwale deep outside edge to assist turn. Forward and Reverse
- 7) RUDDERING
 - Trailing stern rudder to keep the boat straight at reasonable speed and able to adjust direction both left and right with paddle on each side
- 8) DRAW SIDEWAYS
 - move the boat sideways 15 feet using good directional stability with
 - a. Draw to the hip
 - b. Sculling draw
 - c. Draw on the move- forward and reverse
 - d. Sideslip / forward and reverse

- 9) PREVENT CAPSIZE
 - Efficient low and high brace recoveries, with the boat moving and off balance to the point of capsize, followed by forward paddling
- 10) SCULLING FOR SUPPORT
 - Low and high brace positions with proper blade articulation

RESCUE & RECOVERY

- 1) WET EXIT
 - Comfortable capsize and wet exit with sprayskirt attached
- 2) SELF RESCUE
 - Using a technique such as re-entry and roll, paddle-float reentry, paddle-float reentry and roll, cowboy rescue/ scramble
- 3) DEEP WATER RESCUE
 - Assisted drain and re-enter both as victim and rescuer.
- 6) TOWING AND TOWLINE USE
 - Understand tow systems and their risks, be able to solo tow a victim and demonstrate emergency release of the tow
- 7) CONTACT RESCUES
 - Demonstrate ability to tow or push another kayaker a short distance without use of a tow line
- 8) SWIMMER RESCUE
 - Stern toggle tow, bow push, and back-deck
- 9) BOW, STERN AND PADDLE RECOVERY
 - Confident capsize and rescues both as victim and rescuer using bow, stern and paddle presentation techniques

DEVELOPING SKILLS / MANUEVERS ETC (not necessary to pass)

- 1) KAYAK ROLL
 - Come up within three attempts using any shoulder protected kayak roll. The candidate should be working on a roll that can be depended upon in conditions
- 2) CURRENT and WIND CONDITIONS
 - Evidence of maneuvers, rescue and recovery techniques in more challenging conditions, as well as an understanding of basic hydrology
- 3) NAVIGATION
 - Have comprehension of chart and compass use for basic navigation skills
- 4) SEAMANSHIP



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- Knowledge of rules of the road, weather conditions and effects
- 5) LEADERSHIP
- Have an understanding of group leadership techniques/methods in mild conditions

KAYAK TRIPPING

- 1) THREE-DAY TRIPS
- Show evidence of, three or more day trips, of at least 10 nautical miles.

TECHNICAL KNOWLEDGE

- 1) EQUIPMENT
- Have a working knowledge of all paddling equipment
- 2) SAFETY
- Understand the risks of kayaking, avoidance and management
- 3) HYPOTHERMIA ~ HYPERTHERMIA
- Recognition, avoidance and treatment
- 4) 1st AID/ CPR
- Basic knowledge, strongly suggest WFA as a minimum
- 5) ENVIRONMENTAL ISSUES
- Leave No Trace, ecology and marine environment
- 6) TRIP PLANNING
- comfortable in preparing logistics for a longer, more exposed day trip
- 7) GROUP AWARENESS
- Familiar with whistle and paddle signals, group dynamics and safety
- 8) CAR- TOPPING AND CARRYING
- Good transport techniques using straps, or knots including figure 8, or bowline, truckers hitch and round turn with two half hitches

NOTES