



# Australian Canoeing Award Scheme 2008

## Assessment record

### Advanced Whitewater Skills Award

#### Candidate

Given name: \_\_\_\_\_ Family name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ M  F  Aboriginal or Torres Strait Islander

#### National Training Provider

Name: \_\_\_\_\_ Provider number: \_\_\_\_\_

Contact: \_\_\_\_\_ Phone number: \_\_\_\_\_

#### Assessor

Name: \_\_\_\_\_ AC registration number: \_\_\_\_\_

Phone number: \_\_\_\_\_

#### Trainer

Name: \_\_\_\_\_ AC registration number: \_\_\_\_\_

Phone number: \_\_\_\_\_

VET Statement of Attainment required.

#### Award definition

Holders of this award have demonstrated the ability to consistently paddle with precision in Grade 3–4 whitewater and possess a level of knowledge that enables them to independently and safely undertake paddling activities on Grade 3–4 whitewater.

#### Prerequisite

Whitewater Skills

#### Corequisite

Whitewater Rescue Level 2

#### Skill component

Assessed in kayak , canoe

Demonstrate the ability to consistently perform the following in Grade 3–4 whitewater:

- Enter the water from the bank by seal launch or from a small eddy
- Exit the kayak or canoe from a small eddy
- Read water to determine a safe route through a rapid
- Follow a pre-determined route through a rapid
- Control the negotiation of a rapid by using eddies to stop, check others and look ahead
- Use a combination of moves to negotiate a rapid

#### Principal Sponsor



Australian Government

Australian Sports Commission

- Use a range of river features to assist in achieving a desired trajectory and to cross the current
- Use edging and body movement to control craft
- Use accurate stroke placement to control trajectory
- Adjust forward stroke rate, length and power as required for advantage
- Boof drops
- Surf waves
- Respond appropriately to unplanned situations
- Manage the negotiation of any river hazards through the use of techniques or avoidance
- Use safe, effective support strokes, using both blade faces
- Roll, on both sides.

The candidate has demonstrated competence in the above skill component

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Evidence notes

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### **Knowledge component**

Demonstrate and apply knowledge of the following:

Australian Canoeing:

- AC Structure and Award Scheme
- AC Safety Guidelines, AC Minimal Impact Guidelines
- The range of advanced whitewater paddling clothing and equipment available and the specific design features that makes each item suitable for different purposes. This equipment should include kayaks and canoes, PFDs, helmets, spraydecks, paddles, dry tops and pants, other suitable paddling clothing and rescue equipment
- How to safely use specific design features on equipment
- Sources of Grade 3+ river trip information
- Ranges of safe water flow levels for frequently used rivers, and the knowledge of how to access this information
- Interpretation of weather forecast for Grade 3+ paddling venues
- Common river features and hazards of Grade 3+ rivers
- When to scout a rapid from land
- Hazard identification and risk management for a whitewater trip
- National and international recreational paddling Web sites and forums.

The candidate has demonstrated competence in the above knowledge component

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Evidence notes

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**Experience component**

Produce a verified log and certification showing at least:

- A minimum of five Grade 3–4 river trips of more than two hours duration at three different locations
- Two whitewater instructional sessions, of two hours or more, at a fixed Grade 3–4 location, may be substituted for up to two river trips
- AC River Rescue Level 2 qualification.

The candidate has demonstrated the required experience component

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Evidence notes

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**Communications component**

Demonstrate the ability to:

- Use and interpret International River Signals appropriate to skill set in non-routine situations
- Participate in group decision-making during an advanced river trip as both a contributor and active listener
- Recognise and consider the needs of others within the paddling group, particularly in changing circumstances, including modifying individual aims if necessary
- Monitor own position within a group on a Grade 3–4 river trip to ensure close enough proximity for communication to be possible with other group members
- Act on constructive feedback.

The candidate has demonstrated competence in the above communication component

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Evidence notes

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**Overall summary**

**Assessor's notes**

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Signature: \_\_\_\_\_

**Candidate's notes**

I declare that all information contained in my Application for an Australian Canoeing Skill Award to be true and accurate at the time of submission, and that I shall notify Australian Canoeing in the event of change of information.

I have viewed the Assessor's remarks on the Units of Competence

Candidate's comments

Signature: \_\_\_\_\_

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**Note: For this qualification to be registered and a certificate issued this form must be accompanied by the appropriate fee.**