



# Australian Canoeing Award Scheme 2008

## Assessment record

## 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 perform whitewater skills to manoeuvre their kayak or canoe with precision in Grade 2 whitewater, and a level of knowledge that enables them to independently and safely undertake paddling activities on Grade 2 water.

### Corequisite

Whitewater Rescue Level 1

### Skill component

Assessed in kayak , canoe

Demonstrate the ability to consistently perform the following in Grade 2 whitewater in a kayak, canoe or open canoe. If using an open canoe, the skills must be demonstrated in both the bow and stern position by the paddler:

- Enter and exit their kayak or canoe from an eddy
- Use efficient basic strokes to control the kayak or canoe
- Use efficient power strokes:
  - forward strokes
  - reverse strokes

### Principal Sponsor



Australian Government  
 Australian Sports Commission

Use efficient directional strokes:

- forward sweeps
- reverse sweeps
- bow draw
- draw strokes
- stern rudder

Use efficient support strokes:

- low support (to gunwales in open canoe)

Ferry glide

- forwards
- reverse
- Mixed strokes—bow draw to forward stroke combination
- Break into eddies out of the current
- Break out of eddies into the current
- Use the most appropriate combinations of strokes when negotiating a rapid or performing a manouver
- Edge the craft to maintain stability
- Use edging and body position to control kayak or canoe
- Use water features for advantage to assist in turning and crossing currents
- Read water to determine a safe route through a rapid
- Follow a pre-determined route through a rapid
- Identify and evaluate options, then implement appropriate actions, in unplanned situations
- Use avoidance techniques for any river hazards
- Roll, e.g. C to C or sweep technique (not required for open canoes)

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, Award scheme
- AC Safety Guidelines, Minimal Impact Guidelines
- Other forms of recreational and competitive whitewater paddling, including sources of information to further develop whitewater paddling skills
- Local, site specific environmental guidelines for venue use, including any areas used for overnight camping
- The range of whitewater paddling 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 and paddles
- Adjustments to assist in ensuring good fit, comfort and safety in the kayak or canoe
- How to check that equipment meets required safety standards, including checking for signs of wear and tear

- Self-management of suitable personal clothing choices for whitewater paddling
- Secure methods of tying down a craft on roof racks or a trailer
- Emergency paddle, repair, food, drink and clothing requirements for a day trip
- Grade 2 river trip information within a state—sources and use of
- Water flow levels within a state—sources of, and range of safe limits
- Interpretation of weather forecasts for paddling venues
- Interpretation of local, current weather and water conditions at a paddling venue
- Common river features and hazards
- International River Grading System
- Navigational techniques to determine and locate entry and exit points to and from a river, including planned emergency routes
- Pack for an overnight paddling trip.

The candidate has demonstrated competence in the above knowledge component

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

Evidence notes

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### **Experience component**

Produce a verified log book showing at least:

- A minimum of five Grade 2 whitewater trips of more than two hours duration at three different locations. Up to three whitewater instructional sessions on Grade 2 water, of two hours or more, at a fixed location, may be substituted for up to three river trips
- Three whitewater instructional sessions on Grade 2 water, of two hours or more, at a fixed location, may be substituted for up to three river trips.

The candidate has demonstrated the required experience component

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

Evidence notes

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### **Communication component**

Demonstrate the ability to:

- Use and interpret International River Signals in routine situations
- Produce a float plan to leave behind, in case of emergencies
- Monitor their position within a group on a river trip to ensure that they remain in close enough proximity for clear communication with other group members
- Communicate in a positive manner within a paddling group to help establish and maintain an enjoyable, safe experience for all 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.**