

Paddle Australia Qualification Scheme

Assessment Guidelines

Basic Skills - Kayak



Qualification Definition

The Basic Skills Award is an introduction and participant award that can be delivered and assessed by a current PA Instructor, Guide, Coach or Supervisor. Assessment is to be carried out on flat sheltered water. The candidates performance throughout the assessment must be satisfactory and confident. The assessment can be conducted in single or double kayaks. If using a double kayak the candidate should be tested in both the bow and stern positions.

Skills

Prepare appropriate craft and equipment	Hatches and other equipment set or stowed ready for launch; spare equipment waterproofed. Understanding of the basic safety requirements for paddlers and their craft and appreciation of the use of Lifejackets
Swim 25 metres in paddling clothes	Swim in paddling clothes (shirt, shorts and shoes as a minimum, and with a Level 50 Life Jacket), and swim under the craft to surface on the other side
Launch and land craft	Participant launches and lands craft in a safe, repeatable manner without assistance
Demonstrate correct posture	Demonstrate understanding of correct posture and basic injury prevention
Perform paddle strokes	Demonstrate individual strokes to manoeuvre the craft: <ul style="list-style-type: none">• Forward and reverse paddle• Forward and reverse sweep• Emergency stop
Form into and disperse from a raft	A raft is formed in a timely manner (no time wasted) and promotes safety to all involved
Assist with a deep water rescue	Paddle to deep water, capsize and assist with a rescue as rescuee