

## COASTAL GUIDE - PRE-REQUISITE COASTAL PADDLING SKILLS

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### **Award definition**

The holder of this award has demonstrated the ability to plan and conduct personal kayaking activities in sit on top kayaks in coastal conditions defined as:

- Estuaries, embayment's and areas enclosed or partially enclosed by fringing reef or islands
- Areas of exposed coastline that are simple, not involving overfalls, tidal races, difficult landings or open crossings may be included
- Distances of up to one nautical mile offshore
- Conditions below Fresh (17 knots) as defined by the Beaufort Scale and used by the Bureau of Meteorology

### **Skill Component**

- Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia
- Launch and land in surf up to 0.5 metre
- Paddle the craft efficiently in moderate (to 17kn) conditions at sea:
  - forwards, backwards, sideways and turning
  - using correct forward, reverse, draw and sweep strokes
  - use safe effective supports using back of blade, in surf to 0.5 metre
- Competently perform a self-rescue
  - Swim to shore with craft and gear
- Form into and disperse from a raft
- Secure craft for transport, secure equipment to craft

### **Knowledge Component:**

- Have an understanding of the advantages and limitations of sit-on-top craft
- Select appropriate equipment and clothing with consideration of sun sense and hypothermia