

FLATWATER - PRE-REQUISITE PADDLING SKILLS

Award definition

Holders of the Flatwater Skills Award have demonstrated that they can competently paddle a kayak and/ or canoe during a trip, as part of a group of peers, on flat, sheltered and/or undemanding water.

Skill Component

- Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia
- Launch and land efficiently
- Paddle the craft efficiently in moderate winds:
 - forwards, backwards, sideways and turning
 - using correct forward, reverse, draw and sweep strokes
- Show efficient use of low supports
- 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:

- Select appropriate equipment and clothing with consideration of sun sense and hypothermia