

## COASTAL GUIDE – ASSESSMENT GUIDE

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### **Award Definition:**

The holder of this award has demonstrated the ability to plan and conduct guided 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 1 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 to 0.5 m
  - Demonstrate: -
    - Surf
    - Back surf
- Paddle the craft efficiently in moderate coastal conditions: -
  - Strokes: -
    - Forward and reverse paddle
    - Forward and reverse sweeps
    - Draw strokes (feathered and sculling)
    - Stern Rudder
    - Stopping
    - Support using back of blade
- Perform rescues in moderate conditions at sea: -
  - Buddy rescue
    - Flip and support
  - Self-rescue
    - Paddle float rescue
    - Flip and climb
- Competently perform a tow: -
  - Single tow
  - In line tow
  - V tow
  - Contact tow
  - Towing to hold position
- Coordinate roles and communication within group
- Secure craft for transport, secure equipment to craft
- Capsize and recover in surf to 0.5 m

### **Knowledge Component:**

- Have a broad understanding of the advantages and limitations of sit on top craft
- Select and advise novice paddlers on appropriate equipment and clothing with consideration of sun sense and hypothermia
- Plan and navigate a coastal sit on top activity
- Store, operate and maintain appropriate safety and communication equipment
- Interpret weather for a marine environment
- Minimal environmental impact
- Knowledge and maintenance of craft
- Knowledge of Rules and Sea

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- AC's role, membership structure, your rights and responsibilities
- Safety Guidelines, Minimal Impact Guidelines, Risk Management Policy, Incident Reporting requirements
- Hazard identification and risk management program for a sea trip (including expeditions)
- Licensing, permits and other legal and behavioural laws and requirements
- Understanding of selection of launching and landing sites.
- Maintaining log books

### **Experience component:**

- *Provide a verified log showing over the previous two years at least: -*
  - Six coastal trips of a minimum of three hours duration
  - Three guided coastal activities of at least three hours duration as an observer under training or as an assistant Guide
  - Two guided sea activities of at least 3 hours duration as lead guide under observation of a qualified guide
- Current First Aid and CPR qualifications

### **Communication component:**

- Establish and maintain an effective communication system within a group of novices
- Brief a group of novices paddlers to participate in activity, must include but not limited to: -
  - purpose and duration of trip
  - expected conditions
  - correct posture
  - setting up the craft
  - launching and landing in surf
  - strokes as required
  - group movement requirements
  - actions in the event of an emergency
  - On water signals
- Deliver directions in a clear and concise manner
- Debrief

### **Leadership component:**

- Manage the launching and landing of a group of novice paddlers: -
  - In surf to 0.5 m
  - In flatwater
- Manage a group of novice paddlers in moderate conditions at sea
- Manage multiple capsizes and emergencies of novice paddlers
- Manage group packing
- Manage tows of novice paddles in moderate conditions at sea

### **Theory Component**

- Complete a written assessment
- Complete an assessment project