

FLATWATER GUIDE – OVERVIEW

Award Definition:

Holders of the Flatwater Guide Award are qualified to lead or guide trips on inland waters such as open lakes and rivers (but not on whitewater or sea) in controlled conditions for inland kayaking and or canoeing.

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 participate in self and buddy rescues as rescuee and rescuer:
 - Buddy rescue:
 - Wedge rescue/T rescue
 - Self-rescue:
 - Swim to shore with craft and gear
- Competently perform a tow
 - Single tow
 - In line tow
- Form into and disperse from a raft

Knowledge Component:

- Select appropriate equipment and clothing with consideration of sun sense and hypothermia
- Plan and navigate a three hour flatwater paddle
- Store, operate and maintain appropriate safety and communication equipment
- Interpret weather for a flatwater environment
- Minimal environmental impact
- Knowledge and maintenance of craft
- 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 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 trips of a minimum of three hours duration
 - Three guided flatwater activities of at least three hours duration as an observer under training or as an assistant Guide
- First Aid and CPR certificates (appropriate to your organisations requirements & area of operation)

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Communication component:

- Establish and maintain an effective communication system within a group of novices
- Brief a group of novices on:
 - purpose and duration of trip
 - expected conditions
 - correct posture
 - setting up the craft
 - strokes as required
 - group movement requirements
 - launching and landing
 - actions in the event of an emergency
- Deliver directions in a clear and concise manner
- Debrief

Leadership component:

- Manage launch and landing of a group of novices
- Manage a group of novice paddlers on a trip, movement is based on prevailing conditions
- Manage multiple capsizes and emergencies of novice paddlers
- Manage group packing
- Manage tows in moderate conditions

Theory Component

- Complete a written assessment
- Complete an assessment project