



Level 2 Flat Water Kayaking Skills

Overview of the Flat Water Kayaking Skills Programme

The River Hamble Adventures Flat Water Kayaking Skills Programme will equip the kayaker to paddle skilfully and safely in a flat water environment. The skills are divided into 3 levels which represent a progression from complete novice requiring close supervision to an expert flat water paddler able to participate in self-led trips over extended distances.

Appropriate rescue skills are built into the syllabi at each level. These are listed under Skills in recognition that effective rescue techniques are as important as good paddling technique and require skill to perform.

Kayaking related knowledge is also part of the syllabi at each level, spreading important topics over the three levels.

Each level builds on the previous level. Therefore although it is not a prerequisite to have completed the previous levels paddlers will need to have the skills covered in the previous levels before continuing to the next.

This course is for kayaks of all kinds: sit on tops, closed cockpit kayaks and inflatables; it is not specific to the River Hamble. In assessing the skills, the assessor will make sensible allowances for the craft being paddled.

For each skill, key points are shown and in some cases assessment criteria. Successful candidates will be expected to demonstrate / be aware of the key points and meet or exceed the assessment criteria.

Level 2 Overview

On completion of the Level 2 course, candidates will appreciate the use of the whole body in manoeuvring the boat. They will be able to carry out simple boat to boat rescues.

They would paddle as part of a group with a designated leader responsible for the group's safety on a calm river with significant flow.

In British Canoeing terms, this would equip them to paddle on Sheltered Water and is broadly equivalent to the Paddle Discover Award.





Syllabus

Part A: Skills

Basic Manoeuvring

Forward paddling

Forward paddling is in each of the three levels in recognition of it's central importance in kayaking of all disciplines. At Level 2 candidates are expected to be aware, and use, the parts of the body below the deck as well as the torso.

Key points Understanding of role of feet and hips

Assessment criteria Kayak travels in straight line for 250m

Foundation skill Level 1 Forward paddling

Progression skill Level 3 Forward paddling

Turning

Sweep stroke

The Sweep stroke is present at all three levels and serves to show the candidate how they can achieve the same objective in an increasingly sophisticated way. As well as using the upper body, the successful candidate is now expected to use the elements below the deck.

Key points Evidence of trunk rotation
 Understanding of role of feet & knees

Foundation skill Level 1 Sweep stroke

Progression skill Level 3 Sweep stroke





Edging turns

Controlling the boat using rotation and edging is a key skill and the simplest way to introduce this is through edging turns. By edging turns we mean getting the boat to turn using body rotation and edging & leaning. Allowances will need to be made for the type of boat !

Key points	Dynamic stability Difference between leaning and edging Evidence of trunk rotation
Progression skill	Bow rudder

Draw strokes

Sculling draw

As well as being a useful manoeuvring stroke, the sculling draw requires appreciation of the effect of relatively small changes in blade angle, and the importance of 'listening' to the pressure on the blade.

Key points	Blade fully immersed Minimal push back & forward
Assessment criteria	Move 5m sideways with minimal yawing
Foundation skill	T-draw
Progression skill	Hanging draw





Draw on the move

The draw on the move requires control as well as power. The emphasis here should be on controlled and effective strokes, not the size of the sideways shift. Several good DOTMs may be better than one huge move that involves hyperextending the shoulder.

Key points	Trunk rotation
Assessment criteria	3 consecutive moves without change of boat angle
Foundation skill	T draw

Rescues

Low brace

The low brace is used more in moving water; a confident paddler should maintain stability on flat water through good posture and positive forward paddling. However it may be useful when caught off guard !

Key points	Boat off balance Head dropped to shoulder Boat stabilised with knees & hips
Progression skill	T rescue

T rescue

As well as being as useful rescue technique in itself, the T rescue is a stepping stone to learning to roll. Paddlers should understand the effect of lifting their head on the upper knee - and appreciate how this will make it harder to right the boat.

Key points	Perform as both rescuer and rescuee As rescuer retain paddles As rescuee use hips to bring boat upright, face out last
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Part B: Knowledge

Rules of the river

As with the road, there are some basic rules about using the river. Candidates should be familiar with these rules including how to pass other craft, and which craft should give way. They should also be familiar with terms such as port and starboard and recognise channel markers.

Equipment

Candidates should be familiar with safety equipment such as towlines and throwlines, group equipment such as group shelters and understand what equipment is appropriate to carry for different types of journey, including an extended paddle.

Part C: Journey

Candidates will undertake a supervised journey of at least 2 hours on sheltered water.

