



## Level 3 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 a 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 3 Overview

On completion of the Level 3 course, candidates will have a full range of flat water kayaking skills and be able to blend the strokes together to achieve subtle adjustments. They will appreciate the importance of generating blade pressure in manoeuvring the boat. They will be able to help a fellow paddler back into their boat.

They would paddle as part of an unsupervised group on water with significant flow, swell and small waves.

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





## Syllabus

### Part A: Skills

#### Basic Manoeuvring

---

##### *Forward paddling*

At this level, forward paddling should be fluid, effective and autonomous. The candidate should be able to paddle at different power levels (whilst maintaining the same cadence) and for extended periods of time.

Key points                      Appreciation of pushing the boat past the paddle

Assessment criteria        Kayak paddled indefinitely in straight line

Foundation skill            Level 2 Forward paddling

#### Turning

---

##### *Sweep stroke*

At this level, candidates should have a sense of pushing or bracing against the water and be able to also apply this to the sweep stroke.

Key points                      Upper hand pushes against the water

Foundation skill            Level 2 Sweep stroke

##### *Bow rudder*

This is a compound stroke that requires commitment to dynamic stability. Like the low brace it's primarily a moving water stroke but can be learnt and used on flat water





Key points	Blade fully immersed
	Trunk rotation
	Edging with dynamic stability

## Draw strokes

---

### *Hanging draw*

Perhaps the most difficult of the strokes, particularly in short boats, this stroke is rarely used in its purest form. However rather like learning an instrument and practising scales, it will teach underlying skills, in particular making very fine adjustments to the blade angle.

Key points	Near vertical paddle
	Execute from power stroke
	Boat edged and turned slightly away from direction of travel

Assessment criteria	Boat moves to side without turning
---------------------	------------------------------------

## Rescues

---

### *X-rescue*

Getting onto dry land from the river can sometimes be difficult, for example where the riverbank is steep and overgrown or consists of a vertical wall. In addition some rivers are wide and a swim to the bank in the event of capsize may not be practical. The solution to this may be the X rescue.

The scope of the Level 3 qualification includes unsupervised paddles and therefore the candidate will need to be able to rescue fellow paddlers.

Key points	Perform as both rescuer and rescue
	As rescuer retain paddles
	At least 3 different re-entry methods





## *Towing swimmers*

Sometimes towing a swimmer to the bank is a better option than an X-rescue. Candidates should be familiar with towing a swimmer on both the front and the back of the kayak, and have experience of being towed.

Key points                      Understanding the pros and cons of bow versus stern tows  
   Communicate with the swimmer





## Part B: Knowledge

### Access

Paddling in the UK may occasionally bring the paddler into conflict with riparian land owners. It is therefore important to have a basic understanding of the legal situation in relation to accessing and paddling on inland waterways.

### Navigation skills

Paddlers should be able to use an OS or similar map. Using features shown on the map and an appreciation of paddling speed candidates should be able to locate their approximate position and express it as a grid coordinate.

Paddlers should also be aware of the what3words app and its value in pinpointing an exact location that can be passed to the emergency services.

Finally, paddlers should be aware of the emergencySMS service, and how this can be used in conjunction with the what3words app.

## Part C: Journey

Candidates will undertake a self-led journey of at least 4 hours on moderate water. The assessor will only intervene for safety reasons.

