

Level 2 Kayaking Skills

General aims

The Level 2 Kayak Skills Award aims to enable participants to

- 1.01 kayak safely and competently on flat water and Grade 1 rivers as a member of a group.
- .02 assist in basic rescues.
- .03 foster further participation in canoeing.

Requirements

Participant must successfully demonstrate the following techniques and skills

- 2.01 an understanding of the **Basic Safety Rules** of canoeing.
- 2.02 an ability to **Enter** and **Exit** a kayak correctly.
- 2.03 **Forward Paddle, Reverse Paddle, and Stop.**
- .04 an ability to turn while stationary using **Forward Sweep Stroke, Reverse Sweep Stroke** and a combination of **Forward and Reverse Sweep Strokes.**
- .05 **Simple Draw Stroke.**
- .06 **Low Brace.**
- .07 **Low Brace Turn.**
- 2.08 **Edging** while the kayak is moving.
- 2.09 **Capsize Drill.**
- 2.10 an ability to assist in a **H Rescue**, and in an **Assisted X Rescue.**
- 2.11 **Lower Body Rotation.**

Assessment

- 3.01 During an assessment all techniques and skills must be demonstrated to an assessor's satisfaction in order to achieve this award.
- 3.02 No part of an assessment can be taken in a swimming pool. All assessment criteria must be demonstrated outdoors on flat water (i.e. water of Grade I difficulty).
- 3.03 It may not be feasible for a junior or disabled person to assist fully in rescues - such candidates should, however, have a full understanding of the correct sequence of each of the required rescues and have some role to fulfil in the completion of these rescues.
- 3.04 A spraydeck must be worn throughout an assessment.
- .05 All strokes should be demonstrated in relevant situations i.e. use of a simple draw stroke to manoeuvre the kayak to the bank. Strokes should be demonstrated on both sides of the kayak.
- .06 The Level 2 Kayak Skills Award is not a compulsory pre requisite for any subsequent Irish Canoe Union skills awards.
- .07 All required assessment rescues are kept until the end of an assessment.
- 3.08 No age restriction applies to this award.

Assessment Guidelines

- The Level 2 Kayak Skills Award can only be assessed by a currently registered ICU Coach.
- The assessment will be carried out with a maximum of four candidates to one assessor. However, a ratio of 3:1 is preferable.
- Generally guidelines will be given, should a candidate fail an assessment, as to the areas that they need to improve on.