

## 1: INDUCTION (BASIC SKILLS AWARD)

**Aim** By the end of this 3-hour module, the candidate would have experienced skill development to be able to paddle safely on flat sheltered waters. This Award corresponds with the Basic Skills in Paddle Australia's multidisciplinary category. Participants need to have understood the requirements of the WA Department of Transport safety requirements for a paddle craft.

Learning Outcomes	Suggestions
Prepare sea kayak and equipment	<i>Hatches secured and other equipment set or stowed ready for launch; spare equipment waterproofed; appreciation of the use of PFD and spray deck; sun sense; adequate water; towlines and hypothermia.</i>
Swim 25 metres in paddling clothes	<i>Swim in 25m in paddling clothes (shirt, shorts and shoes as a minimum, and with a Level 50S Life Jacket).</i>
Launch and land craft	<i>Participant launches and lands craft in a safe, repeatable manner without assistance. This is achieved by using their balance in the middle of the craft; using paddle for support; correct seating and internal bracing; use of knuckles to propel off a beach; consider wave flow and wind.</i>
Perform a support stroke	<i>Demonstrate individual braces to stabilise the kayak by low brace support</i>
Demonstrate correct posture	<i>Demonstrate understanding of correct posture and basic injury prevention by correct hand placement on the paddle; power from the torso and core muscles; correct wrist movement for blade placement; adequate paddle depth to ensure effective stroke; correct paddle blade angle through the stroke and correct paddle entry &amp; exit in respect to craft &amp; body.</i>
Perform paddle strokes	<i>Demonstrate individual strokes to manoeuvre the kayak using forward and reverse sweep; emergency stop; and draw strokes.</i>
Form into and disperse from a raft of sea kayaks	<i>Form a raft in a safe, timely manner.</i>
Wet exit using a spray deck	<i>Capsize in deep water, stay calm, stroke craft bottom; remove spray skirt and come to the surface, hand on head to indicate safe, and hold onto kayak awaiting rescue.</i>
Assist with a deep-water rescue	<i>Wet exit then assist rescuer to empty craft (T rescue), position craft; re-enter craft using heel hook and support from the rescue craft.</i>

### Supplementary

Understand paddle and arm signs	<i>Be able to show paddle and arm signals such as: come to me, go that way, back paddle, stop and are you okay?</i>
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