

Level 4 Kayaking Skills

General aims

The Level 4 Kayak Skills Award aims to enable candidates to

- 1.01 kayak safely and proficiently on rivers up to and including Grade 3 difficulty.
- 1.02 be capable of negotiating obstacles likely to be encountered on Grade 3 rivers.
- 1.02 Deal competently with rescue situations that might occur on rivers up to and including rivers of Grade 3 difficulty.
- 1.03 Develop group awareness.

Requirements

To obtain the Level 4 Kayak Skills Award a participant must successfully explain and demonstrate the following techniques and skills at a level higher than that required for the Level 3 Kayak Skills Award and be capable of demonstrating any combination of the strokes competently and efficiently. The assessment will take place during a river trip of at least three miles on water of Grade 3 difficulty.

Strokes

- 2.01 Forward Paddle, Reverse Paddle, Emergency Stop.
- 2.02 Forward Sweep, Reverse Sweep and a combination of Forward and Reverse Sweep
- 2.03 Edging
- 2.04 Bow Rudder
- 2.05 Stern Rudder
- 2.06 Low Brace Turn
- 2.07 Low Recovery
- 2.08 High Recovery
- 2.09 Sculling for Support
- 2.10 Sculling Draw
- 2.11 Draw Stroke
- 2.12 Hanging Draw
- 2.13 Defensive Swimming

Techniques

- 2.14 an ability to use water conditions available for the effective and efficient manoeuvring of a kayak.
- 2.15 competence in negotiating water obstructions i.e. Standing Waves, Stoppers, and an ability to utilise it to cross a river.
- 2.16 competence in negotiating bends where water flows under trees or against vertical riverbank.
- 2.17 Forward Ferry Gliding (facing upriver).
- 2.18 Reverse Ferry Gliding (facing downriver).
- 2.19 Breaking In accurately.
- 2.20 Breaking Out accurately.
- 2.21 Eskimo Roll.
- 2.22 Capable of Self-Rescue.

Rescues and Safety Techniques

- 2.22 Assisted X and/or an X Rescue.
- 2.23 Eskimo Rescue (maximum lower body rotation).
- 2.24 Curl Rescue and/or TX Rescue.
- 2.25 Stern Carry.
- 2.26 Unconscious Casualty (method of righting an unconscious person in a capsized kayak)
- 2.27 an ability to manoeuvre an empty kayak between two specified points.
- 2.28 an ability to assist an incapacitated paddler in a kayak between two specified points.
- 2.29 an ability to use a Throw Rope to rescue a swimmer.
- 2.30 a practical knowledge of First Aid and its relevance to possible situations arising during a canoeing trip to include: Shock, Hypothermia, Head Injuries, Dislocations, Bleeding, CPR, EAR.

Theory

- 2.31 An understanding of the following:
 - River Grading
 - River Route Finding
 - Types of GP kayaks and paddles
 - Towing Systems and methods
 - Group Control and Awareness

Signals and Commands
Personal Equipment

Applying to attend an Assessment

Before applying to attend a Level 4 Kayak Skills Award Assessment, a candidate must

- 3.01 have obtained the Level 3 Kayak Skills Award.
- 3.03 have unrestricted access to a fully equipped kayak, personal equipment and additional equipment. (See Level 4 Kayak Skills List of Equipment)
- 3.04 be at least 16 years of age.
- 3.05 have returned to the ICU Office a Level 4 Kayak Skills Assessment application form no later than three weeks before a selected assessment date.

Assessment

- 4.01 During an assessment a candidate must explain and demonstrate all techniques and skills at a level higher than that required for the Level 3 Kayak Skills Award. All techniques, skills and rescues must be demonstrated to the required level in order to achieve this award.
- 4.02 All strokes should be demonstrated in relevant situations i.e. sculling in a small stopper. Strokes should be demonstrated on both sides of the kayak.
- 4.03 All rescues must be executed by the candidate acting as both rescuee and rescuer. Generally, required assessment rescues will be kept until the end of the river trip.
- 4.04 While it is not compulsory to attend a training course prior to assessment, it is strongly recommended.

Assessment Guidelines

- A Level 4 Kayak Skills Award can only be assessed by a member of the Level 4 Kayak Skills Assessment Panel.
- It is recommended that the award be assessed by a coach other than the coach who ran the training course leading to assessment.
- The assessment will be carried out with a maximum ratio of 4:1.
- Guidelines will be given, should a candidate fail an assessment, as to the areas that they need to improve on.
- No other award may be assessed at the same time as the Level 4 Kayak Skills Award.

Equipment required for Assessment

Properly equipped kayak:	Personal canoeing equipment:	Other Equipment:
Rigid end loops and/or toggles Kayaks over 270cm in length must have decklines fitted front and back Kayaks 270cm or less in length must have cowtails fitted front and back Method of securing paddles Suitable buoyancy Suitable foot rest A kayak must be of sufficient volume to carry out all necessary safety equipment and perform any rescue as required by the Level 4 Skills Award	Paddle Wetsuit or sufficient thermal clothing Spray Deck Buoyancy Aid Cagoule Helmet Canoe Booties or adequate footwear	Towing System Throw Rope Bivvy Bag or group shelter First Aid Kit Repair Kit which should include (at a minimum) waterproof repair tape and cable ties Split Paddle Sling Karabiner Waterproof Bag or other method of keeping equipment dry Knife Whistle Torch Flask and Food Spare Clothes