

# Combined Basic Skills and Whitewater Skills Assessment Checklist

(This evidence collection tool was designed by Ian Royds for Oxley College School to administer the AC WW Skills Award - last updated 9/3/09)

Checklist # = basic skills (BS) component. Tick = competent, X = not yet competent, O = not attempted

Only the highlighted (#) competencies performed on calm water are required for a Basic Skills Award  
 All competencies must be attempted at a reasonable level of competence for the 'Introduction to Whitewater Skills Award'.  
 All competencies must later be performed at a consistent high level of skill in **grade-2 water** for the 'Whitewater Skills Award'.

<i>Paddler names&gt;</i>						
<b>Presentation of equipment and basic swim</b>						
1. # PFD appropriate size, condition and done up						
2. # Appropriate clothing, helmet, footwear (whistle optional for BS)						
3. # Swim 50m with shoes and PFD						
4. # Boat, flotation, handloops in good order, gear waterproofed and tied in						
5. # Basic safety understanding, must have basic first aid kit, sun cream, map, food, river exit points identified (phone optional)						
6. Further safety equipment to include throw rope, repair kit, means to light a fire and heat drink (full rescue kit optional)						
<b>Corequisite- Whitewater Rescue Level-1</b>						
7. Self rescue, swim to shore with kayak and paddle after a capsize						
8. Use defensive swimming in a current to remain in a safe position within current						
9. Use aggressive swimming in a current to reach shore or enter an eddy						
10. Retrieve a kayak or canoe and paddle from a current.						
11. Tow rescue swimmer with capsized kayak						
12. Deck carry a passenger across a current						
13. X-Rescue as a rescuer and as a victim						
14. Use throw rope as a rescuer & as a victim (effective throw & pendulum swing to shore, throwing & rethrowing techniques, care & packing)						
15. <b>Knowledge:</b> of personal safety gear that can assist in rescue situations						
16. Risk management. Hazard identification, self management to minimize risk						
17. Demonstrate familiarity with CPR technique						
18. <b>Experience:</b> Assessment of a situation (scenario)						
19. Minimising risk to self & others						
20. Selection of suitable rescue method						
21. Choose effective knots for the task						
22. Carry out an effective rescue of a single swimmer using an effective method						
23. <b>Communication:</b> effectively with a swimmer during a rescue						
24. To reassure and assess well-being of swimmer						
25. Work effectively with others to endure a safe rescue						
26. Use and interpret river signals (International river signal system)						
<b>Skill Component</b>						
27. # Capsize and retrieve boat and paddle holding upstream end						
28. # Self-empty on shore and embark from deep water						
29. # Launch and disembark from a bank (deck optional)						
30. Launch and disembark from a steep bank into fast water safely with a deck fitted.						
31. # Efficient forward and reverse strokes, good posture in boat (power from torso) Emergency stop, must be stable and balanced						
32. # Forward and reverse sweeps						
33. Bow draw						
34. Draw strokes						
35. Stern rudder						
36. # Support strokes, low and high brace (smooth & efficient)						
37. Ferry glide forwards						

38. Ferry glide reverse						
39. Mixed strokes – bow draw to forward stroke combination (smooth transfer)						
40. Breaking into eddies out of the current						
41. Break out of eddies into the current						
42. Use appropriate combination of strokes when negot. a rapid or manouver						
43. Edge the craft to maintain stability and control						
44. Use water features for advantage to assist in turning and crossing currents						
45. Read water to determine a safe route through a rapid						
46. Identify and evaluate options, then implement appropriate actions, in unplanned situations						
47. Use avoidance techniques for any river hazards						
48. Roll, e.g. C to C or sweep technique						
<b>Knowledge Component</b> (Demonstrate and apply knowledge of the following) (see written exam evidence tool)						
49. Australian Canoeing Structure, Award Scheme						
50. AC Safety Guidelines, Minimal Impact Guidelines						
51. Other forms of recreational and competitive whitewater paddling, including sources of information to further develop whitewater paddling skills						
52. Local, site specific environmental guidelines for venue use, including any areas used for overnight camping 9 minimal environmental impact practices)						
53. The range of whitewater paddling equipment suitable for different purposes including kayaks, canoes, PFD's, helmets, spraydecks & paddles						
54. Adjustments to assist in ensuring good fit, comfort & safety in the kayak						
55. How to check that equip meets safety standards incl wear & tear						
56. Self-management of suitable personal clothing choices for WW paddling						
57. Secure methods of tying down a craft on roof racks or a trailer						
58. Emergency paddle, repair, food, drink & clothing requirements for a day trip						
59. Sources of grade-2 river trip information within NSW or state						
60. Sources of water flow levels in a state and range of safe limits						
61. How to predict & interpret weather forecasts for paddling venues (scenario)						
62. Common river features and hazards						
63. International River Grading System						
64. Navigational techniques to determine ad locate entry and exit points to and from a river, including planned emergency routes						
65. Pack for an overnight paddling trip						
<b>Experience Component</b>						
66. Logbook with min of 5 verified grade-2 WW trips > 2hrs at 3 locations. (3 X 2h instruction sessions in grade-2 in a fixed location may substitute for 3 rivers)						
<b>Communication Component</b> Demonstrate the ability to:						
67. Use and interpret International River Skills in routine situations						
68. Produce a 'Float Plan' to leave behind in case of emergencies						
69. Ensure close enough proximity for clear communication with other group members at all times on the river						
70. Communicate in a positive manner within a paddling group to help establish and maintain an enjoyable, safe experience for all group members						
71. Act on constructive feedback						
<b>Total Number of competencies attained</b>						

Notes: Can be assessed, in part, with a written examination (see written examination tool by I Royds)  
Other verified evidence notes or certificates can be used to affirm competencies.