

Courses

Australian Canoeing Inc.(AC), National Training Provider (NTP)#004. Nationally qualified .AC instructors.

Introduction to Kayaking or Canoeing - First Saturday of the month (or as notified)

Booking essential email: courses@kayakandcanoe.org.au Fill out the online membership form and click the email button.

Cut off 8pm the Wednesday before the course, but places may still be available up to Friday evening

Courses may be postponed subject to; weather, availability of instructors or minimum 4 paddlers.

Who ? New members or current members who need a refresher. Experienced paddlers who have not had formal instruction can benefit from this, ask if unsure. No pre-requisites, we assume no paddling experience.

Where ? Gibberagong Environmental Education Centre, Bobbin Head, Bobbin Head Road, Ku-ring-gai Chase National Park adjacent to the Bobbin Inn. Turn off Pacific Highway at Turramurra into Bobbin Head Road and keep going. National Park entrance fees apply.

Format and Content. Full day 9.30am for a 10am start (unless otherwise notified). Instruction booklet, boat, paddle, spraydeck and PFD are supplied. A brief introduction is given on safe, enjoyable paddling, risk management; venue, weather, boat design, clothing and safety drills. On the water we cover the basic strokes; forward and reverse sweep, stern rudder, forward and reverse paddling (canoe J-stroke), emergency stops, draw, sculling draw, bow draw, low support. *Optional but highly recommended* - depending on individual, water and weather conditions; capsize and wet exits, rescue and recovery drills. Some day it might happen to you, so be prepared in a user friendly way. This is not so scary with a friendly instructor standing by. Paddlers need to be able to demonstrate a controlled wet exits and reboarding with assistance to qualify for our Basic Skills Audit, the minimum certification to take part in most club paddles.

What to bring. Wear synthetic long sleeve top (NOT COTTON), hat, sunscreen, and softsole joggers suitable for wading. Bring a light windproof jacket, lunch, a change of clothes, a towel and some warm clothes to change into.

Follow up - a duty instructor will usually be available on regular paddles first and third Saturdays of the month to assist with further training and eventually the Basic Skills Audit.

NB. Members should complete the K&C personal risk management self assessment prior to arriving for any event.

Completion of the Basic Skills Audit (see following) is a pre-requisite for all paddles

Regular Events

Regular paddles and events are scheduled on the 1st and 3rd Saturdays of the month meeting at Bobbin Head unless otherwise notified. Members should rsvp@kayakandcanoe.org.au to ensure notification of any changes

Meet other club members, go for a paddle or attend a course. Try to make this a regular paddle.

1st and 3rd Saturdays of the month

Gibberagong EEC
Bobbin Head, Ku-ring-gai Chase National Park.

Quietwater paddles
routes beginner to experienced.

Fitness paddles
Take a vigorous workout or just chill out.

9.30am for a 10am start on the water DON'T BE LATE
Club boats available (usage fees apply)

Regulations: 1. A PFD with whistle attached must be worn at all times. 2. Craft must be sea-worthy with sufficient fixed buoyancy at each end to float level on the surface when completely swamped. 3. Footwear must be worn (neoprene boots are usually available for sale). 4. maritime regulations of stay right and give way right must be observed. 5. All paddlers and equipment must be checked by a KC instructor first time on the water.

NPWS park Pay&Display fee apply \$11. NPWS sell annual permits for about \$60
phone: NPWS 1 300 361 967 or on-line www.npws.nsw.gov.au

Other Calendar Events will be notified by email



K & C Basic Skills Audit Check List

Member Assessor Date

The audit must be completed as a whole. Assessors may abbreviate the audit if the member has previously demonstrated competence in particular skills but all items must be checked off during the audit.

Item; ✓ competent ✗ not yet competent or NA Not Assessed	✓/✗
1. Trip plan - Map, route, directions, distance, time, speed, ETA, exit points, communication	
2. Recent weather forecast - wind direction and strength, impact on route (noted on 1.)	
3. Tide times and heights - impact on route, if any. (noted on 1.)	
4. Estimate of personal capabilities - water conditions, wind, speed and distance	
5. Demonstrate equipment is suitable for conditions - sea worthy, floatation, construction, design	
6. PFD (fits properly) whistle attached, suitable clothing and spares in drybag	
7. Personal first aid kit - cuts, bites, sprains, headache - personal medications (accessible + spare)	
8. Sufficient water (2l minimum), and spare, food (if appropriate)	
9. Effective paddling skills;	
a) Adjust footrests, secure all items in craft for a day paddle (minimum 4 hours)	
b) enter the craft using a paddle for support (craft floating if possible)	
c) paddle forwards 100m in a straight line (without a rudder unless untractable)	
d) paddle backwards 10m in a straight line	
e) emergency stop (forward and backwards) in control, then reverse direction 10m	
f) turn the craft 180° stationary and 180° while under way. (sweep and/or draws)	
g) move sideways 10m left and 10m right using draw strokes and/or pries	
h) demonstrate a low support (brace with back of paddle) stationary and underway	
10. Self rescue with gear stowed and secured in the craft;	
a) Capsize in deep water with controlled exit, retaining paddle	
b) Re-board in deep water with assistance	
c) Swim the craft (and paddle) to shore, empty it (can use help)	
d) All gear and personal accessories secure	
e) Swim 50m wearing PFD paddling clothes and footwear (must not pull off)	

Notes, recommendations;

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Recorded on database

Rationale

The object of having members successfully complete this audit is to demonstrate a reasonable degree of self sufficiency thus enhancing the paddling experience. There is then reasonable assurance that other members may also be regarded as self sufficient.

The competencies in this audit represent the minimum recommended requirement to undertake a flatwater paddle in the following conditions;

- sheltered undemanding water
- minimal wind (up to 10knots depending on the area, beware off shore winds)
- ease of access to the shore
- minimal flow of water

The K&C Basic Skills requirements incorporates the AC Basic Skills Award but extends the competencies a little further to achieve a reasonable degree of self sufficiency. In short the objectives are;

- Know where you are going, what direction, how far it is and about how long it will take
- What effect hazards, tide and weather (especially wind) may have on your route
- Know your own capabilities
- Have suitable craft and equipment (in good repair) for the trip
- Have suitable PFD (whistle attached), clothing (spares in a dry bag), first aid kit, repair kit, food and water
- Have the required paddling skills for the conditions
- Be able to self rescue and be assisted to reboard in deep water with all gear secured

Preparing for the Audit (the audit is **NOT** a training session)

By indicating that you wish to be assessed you have deemed that you have achieved all of the competencies listed on the previous page. To be assessed as competent you must pass all items in the one session.

The best way to achieve this is to do dummy runs with a peer or instructor. If you find yourself lacking consult the 'Kayak & Canoe - Basic Training Package' (available on our web site 'www.kayakandcanoe.com.au') or other reputable resource, seek advice from an instructor, or book into a course.

On the Day

The audit is in fact a simulation of a day trip e.g at least one hour each way. Your planned route should be centred on the venue that will be used for the audit, usually Bobbin Head. You should be prepared with all items necessary for such a trip.

The assessor will not give feedback during the audit except to prevent a danger to yourself or others. At the end of the audit the assessor will discuss the result with you. If you did not achieve all the competencies the assessor will return the audit checklist to you with items checked off. You will then need to do further reading, training or practice and seek another audit. If you were assessed as competent overall then K&C will record the result on the database.