



# Paddler and trip grading

## Disclaimer

The information in this document has been based on the Australian Canoeing (AC) *Safety Guidelines* 19 August 2012 (or later), which defines the minimum standards for the conduct of safe, non competitive canoeing and kayaking activities. No responsibility for the loss occasioned to any person acting or refraining from action as a result of any material in these guidelines can be accepted. AC Award Scheme qualifications are defined in the *Award Scheme Handbook* 20 December 2012 (or later).

The ACC Grading System includes rescue skills. All paddlers on a club trip are encouraged and expected to contribute to the safety and successful completion of the trip. Club trips are planned and led by leaders who are AC qualified and whose formal qualification determines the required minimum grade of paddlers' skills and appropriate conditions. The trip leader has the right and responsibility to refuse any paddler who does not meet the required standard or does not have the required equipment for the trip.

## Paddler grading

1 Novice: on West Lakes or Encounter Lakes only, under supervision—below 11 knots

2 Flatwater: AC Flatwater Skills level

– progression is (a) day trips, (b) car camping trips, (c) canoe/kayak camping

3 Intermediate: AC Introduction to Sea Skills or Coastal Skills

– progression is (a) day and weekend trips, (b) extended trips

4 Sea Skills: AC Sea Skills level

5 Advanced Sea Skills : AC Advanced Sea Skills

Equipment essential at all levels: see Australian Canoeing *Safety Guidelines* pages 11–14 and 23–24. (Follow links from [www.canoe.org.au](http://www.canoe.org.au) > Education > Risk Management & Safety > Safety Guidelines). Please take special note re PFDs and footwear.

1 Novice

New members and those on a 'Come 'n' try' activity will be closely supervised and taught basic skills in safe controlled conditions such as on West Lakes. Often equipment will be provided, but each paddler should be aware of correct clothing (see Equipment) and expect to be getting wet as part of normal capsizes and rescue drills. Once all of the skills in Flatwater have been achieved and demonstrated, then paddlers will have a range of club day trips to attend.

2 Flatwater (modified from AC Flatwater Skills)

Demonstrate the ability to control a craft in moderate conditions on flat, sheltered water:

Launch and land efficiently

Paddle the craft efficiently in moderate winds:

- forwards, backwards, sideways and turning
- using correct forward, reverse, draw and sweep strokes

Show efficient use of support strokes. Capsize and swim craft ashore

Competently participate in simple rescues as rescuee and rescuer. Competently accept a tow.

Speed and distance— West Lakes: from Canoe SA boat ramp, along eastern side of lake, to the foot bridge (and beach at Corcoran Drive), in 30 minutes without stopping (only brief pauses for a drink). Is approx 2 km, speed 4 km/h. Can have a break on beach then paddle back non-stop in 30 minutes.

Need kayak with spray deck (and buoyancy) or sit-on-top (or open canoe, for river trips only)

Examples of ACC trips include River Murray day paddles, then overnight.

Garden Island and metro beaches: below 11 knots breeze

Quotas will be necessary on some trips and will follow AC ratios.

3 Intermediate (modified from AC Introduction to Sea Skills and Coastal Skills—Sit-On-Top)

Adelaide Canoe Club will use this for grading skills in sea kayaks and SOTs, in coastal conditions defined as:

- Estuaries, embayments and areas enclosed or partially enclosed by fringing reef or islands
- Areas of exposed coastline that are simple, not involving overfalls, tidal races, difficult landings or open crossings may be included
- Distances of up to two nautical miles offshore
- Conditions below Fresh (17 knots) as defined by the Beaufort Scale and used by the Bureau of Meteorology.

Skill component (add to Beginner) kayaking skills in coastal conditions:

Paddle efficiently in conditions below Fresh (winds to 17 knots):

- secure equipment to craft in preparation for paddling
- launch and land in surf to 0.5 metre
- paddle forwards, backwards, sideways and turning using correct forward, reverse, draw and sweep strokes
- show efficient use of supports in surf to 0.5 metre
- capsize in surf to 0.5 metre and move self and kayak safely to shore

Secure craft for transport.

Speed and distance— West Lakes: from Canoe SA boat ramp, around Delphin Island and back to ramp. Total time, including breaks, less than 2 hours. (Trips could be 20 km / 11 nm per day)

Need sea kayak for all sea trips. SOTs only in estuaries, mangrove areas and metro beaches. Open canoes on river trips only.

Examples of ACC trips include extended River Murray trips and around Torrens Island, day paddles along the coast of Yorke Peninsula, KI, then overnight Coorong and Coffin Bay, kayak surfing.

Quotas will be necessary on some trips and will follow AC ratios

#### 4 Sea Skills (modified from AC Sea Skills)

Holders of the Sea Skills Award have demonstrated the ability to plan and conduct personal kayaking activities in sea kayaks at sea defined as outside of estuaries, embayments or other sheltering reefs or in moderate conditions:

- Conditions below Fresh (17 knots) as defined by the Beaufort Scale and used by the Bureau of Meteorology
- Assessed in minimum winds of 11 knots (moderate conditions)
- Areas of exposed coastline that is simple, not involving overfalls, tidal races, difficult landings or open crossings may be included
- Distances of up to 4 nautical miles from the nearest shore
- Breaking (overtopping) waves (sea) up to 1m
- Surf to 1m.

Skill component (add to Flatwater and Intermediate)

Demonstrate sea kayak skills at sea in moderate to fresh conditions:

Preparation of craft and equipment

Launch and land in surf to 1 metre

Paddle the craft efficiently in moderate (to 16 knots) conditions at sea:

- forwards, backwards, sideways and turning
- use correct forward, reverse, draw and sweep strokes
- use safe, effective support strokes, using both blade faces, in surf to 1m

Competently participate in rescues as rescuee and rescuer; including towing

Capsize and roll in surf to 1 metre

Speed and distance— West Lakes: from Canoe SA boat ramp, around Delphin Island and back to ramp without stopping (only brief pauses for a drink) in less than 75 minutes: average speed 5.5 km/h (3 kn).

Need sea kayak with hands-free pump and tow line (that is interchangeable with other ACC paddlers).

Examples of ACC trips include coastal day paddles, then overnight Kangaroo Island, Wardang Island.

#### 5 Advanced Sea Skills

This section will be modified from AC Advanced Sea Skills

Possible trips include the Sir Joseph Banks Group.

#### Leaders

The club needs qualified Flatwater Guides and Sea Leaders.

For details of the awards, follow links from [www.canoe.org.au](http://www.canoe.org.au) > Education > Award Scheme > Award Definitions. Select Flatwater (Inland) Guide or Sea Leader Award. From Award Scheme link to Assessment Summaries and the appropriate form. Print this, start filling it in and discuss it with a club assessor (Phil Doddridge, Peter Carter, Dave Mallett, Wayne Hooper (Flatwater), Libby Robertson (Flatwater), Dave Mausolf). Then suggest trips for the program and lead them.

(Alternatively, collect a CD with complete documentation from Peter Carter.)

## Trip grading

Trip details	Distance	Trip Location Grade	Calm to 5 knot breeze, calm water	5 to 10kn wind, waves to 0.5m	10 to 15kn wind, swell to 1.5 m, sea to 0.5m.	15 to 20kn wind, swell to 2.0 m, sea to 1.0 m	20 to 25kn wind, swell to 2.5m, sea to 1.5 m
Mangroves and wrecks (Garden Is)		2a	2a	2a	3a	?	?
West Lakes or Encounter Lakes (under instruction)		1	?	?	?	?	?
Port Adelaide (Birkenhead)		2a	2a	2a	3a	4	4
Onkaparinga River		2a	2a	2a	3a	4	4
Swan Reach		2a	2a	2a	3a		
Punyelroo		2a	2a	2a	3a		
Finniss River (Wally's Landing)		2a	2a	2a	3a		
Clean up Australia Day		2a	2a	2a	3a		
North Haven Marina		2a	2a	2a	3a		
Kingston on Murray		2b	2b	2b	3a		
River Murray Lagoons (Murbko, Nori's Retreat)		2b	2b	2b	3a		
Katarapko (car camping)		2b	2b	2b	3a		
Katarapko (camping)		2c	2c	2c	3b		
Hogwash Sandbar		2b	2b	2b	3a		
Blanchetown		2b	2b	2b	3a		
Pike River		2c	2c	2c	3b		
Torrens Island circumnavigation	9.4 nm	3a	3a	3a	3a	4	4
Seacliff-Hallet Cove-Seacliff	5 nm	3a	3a	3a	3a	4	
Metro Beaches		3a	3a	3a	3a	4	
Murray Mouth (from Beacon 19)		3a	3a	3a	3a	4	
Pt Noarlunga (and head north or south)		3a	3a	3a	3a	4	
Sellicks-Myponga Beach-Sellicks	8.5 nm	3a	3a	3a	3a	4	
Myponga Beach-Carrickalinga-Myponga Beach	10 nm	3a	3a	3a	3a	4	
Second Valley-Wirrina-Rapid Bay-Second Valley	6 nm	3a	3a	3a	3a	4	
Rapid Bay-Cape Jervis	8 nm	3a	3a	3a	3a	4	
Victor Harbor/Encounter Bay-Pt Elliot-return	9 nm	3a	3a	3a	3a	4	

Clayton		3a	3a	3a	3a	4	
Pomanda Point (from Wellington)		3a	3a	3a	3a	4	
Pt Pirie Mangroves		3a	3a	3a	3a	4	
Kangaroo Island (car camping)		3a	3a	3a	3a	4	
Kangaroo Island (coastal expeditions)		4	4	4	4	4	5
Yorke Peninsula		3b	3b	3b	4	4	5
Coorong (Waterhole Pt, Mark Pt, Parnka Pt)		3b	3b	3b	4	4	
Ral Ral Creek		3b	3b	3b	3b	4	
Chowilla		3b	3b	3b	3b	4	
Glenelg River		3b	3b	3b	3b	4	
Coffin Bay		3b	3b	3b	3b	4	
River Murray expeditions		3b	3b	3b	3b	4	
Coongee Lakes		3b	3b	3b	3b	4	
Exposed coastal areas (e.g. Victor harbor to Cape Jervis)		4	4	4	4	4	5
Backstairs Passage crossing	10nm	4	4	4	4	4	5
Pt Victoria – Wardang Is – Pt Victoria		4	4	4	4	4	5
Pt Lincoln area		4	4	4	4	4	5
Sir Joseph Banks group		5	5	5	5	5	5
Team Paddle Challenge							
Whitewater (Eildon, Vic)		2b	2b	2b	3b	3b	4
Kayak surfung (Middleton, Southport)		3a					
Arrows Camp assistance							
Marathons, e.g. 4 Islands Classic, Murray 100/200							
Canoe Polo							
Training/ Instruction (e.g. rolling, towing, rescues)							