ICU Level 1 Kayak Skills

General aims
The Level 1 Kayaking Skills Award aims to enable participants to
1.01 Perform fundamental Kayaking Skills.
1.02 Understand and explain the fundamental safety rules of canoeing.
1.03 Foster further participation in canoeing.

Requirements
Participants must successfully demonstrate the following:
2.01 An understanding of the **Basic Safety Rules** of canoeing.
2.02 An ability to **Enter** and **Exit** a kayak correctly.
2.03 **Forward Paddle**, **Reverse Paddle**, and **Stop**.
2.04 An ability to turn while stationary using **Forward Sweep Stroke**, **Reverse Sweep Stroke** and a combination of **Forward and Reverse Sweep Strokes**.
2.05 **Capsize Drill**

Assessment:
3.01 There is no formal assessment for the Level 1 Kayaking Skills Award, however, a participant must be able to demonstrate the required skills in the presence of a registered ICU Coach before being given an award.
3.02 All strokes must be demonstrated on both sides.
3.03 The Level 1 Kayak Skills Award is not a compulsory pre requisite for any subsequent ICU skills awards.
3.04 No age restriction applies to this award

Assessment Guidelines
The Level 1 Kayak Skills Award can only be assessed by a currently registered Irish Canoe Union Instructor.

Notes:
Safety Rules of Canoeing
1. You must be able to swim.
2. You must always wear a buoyancy aid.
3. You must always ensure that there is adequate kayak buoyancy.
4. You must never canoe alone.

Entry and Exit
Entry and exit with or without the use of a paddle is acceptable.

Forward and Reverse Paddling
Veering is allowed for, but a participant must be able to maintain reasonable directional stability for at least 25 metres.

Stopping
A participant should demonstrate an ability to stop when moving forward and in reverse.

Forward and Reverse Sweep Stroke
There should be an efficient use of the paddle in turning the kayak.

Capsize Drill
The capsize and exit from the kayak, should be carried out in water of sufficient depth adjacent to the shore/bank. The use of a spray deck is optional.