Level 2 Kayaking Skills

General aims

The Level 2 Kayak Skills Award aims to enable participants to

1.01 Kayak safely and competently on flat water and Grade 1 rivers as a member of a group.
1.02 Assist in basic rescues.
1.03 Foster further participation in canoeing.

Requirements

Participant must successfully demonstrate the following techniques and skills

2.01 An understanding of the **Basic Safety Rules** of canoeing.
2.02 Aan 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 **Simple Draw Stroke**.
2.06 **Low Brace**.
2.07 **Low Brace Turn**.
2.08 **Edging** while the kayak is moving.
2.09 **Capsize Drill**.
2.10 An ability to assist in a **H Rescue,** and in an **Assisted X Rescue**.
2.11 **Lower Body Rotation**.

Assessment

3.01 During an assessment all techniques and skills must be demonstrated to an assessor's satisfaction in order to achieve this award.
3.02 No part of an assessment can be taken in a swimming pool. All assessment criteria must be demonstrated outdoors on flat water (i.e. water of Grade I difficulty).
3.03 It may not be feasible for a junior or disabled person to assist fully in rescues - such candidates should, however, have a full understanding of the correct sequence of each of the required rescues and have some role to fulfil in the completion of these rescues.
3.04 A spraydeck must be worn throughout an assessment.
3.05 All strokes should be demonstrated in relevant situations i.e. use of a simple draw stroke to manoeuvre the kayak to the bank. Strokes should be demonstrated on both sides of the kayak.
3.06 The Level 2 Kayak Skills Award is not a compulsory pre requisite for any subsequent Irish Canoe Union skills awards.
3.07 All required assessment rescues are kept until the end of an assessment.
3.08 No age restriction applies to this award.

Assessment Guidelines

- The Level 2 Kayak Skills Award can only be assessed by a currently registered ICU Coach.
- The assessment will be carried out with a maximum of four candidates to one assessor. However, a ratio of 3:1 is preferable.
- Generally guidelines will be given, should a candidate fail an assessment, as to the areas that they need to improve on.