Paddle Australia Qualification Scheme
Assessment Guidelines
Whitewater Guide - Kayak

Qualification Definition

The holder of this award is qualified to guide groups of novices on activity and day based programs on Grade 2 Whitewater

Skills

All skills to be performed in Grade 2 water

Prepare appropriate craft and equipment	Throughout assessment participants use appropriate equipment for the environment. This equipment promotes personal safety and is prepared in a way to not impede on safety
Secure craft for transport, secure equipment to craft	Participants transport craft to and from venue, method is safe for craft and participant. (or able to demonstrate method they would use) Equipment placed on craft is secured in a manner that does not impede safety and is accessible when required
Launch and land craft	Participant launches and lands craft from an eddy in a safe repeatable manner without assistance
Perform paddle strokes	Demonstrate individual strokes to manoeuvre the craft: • Forward and reverse paddle • Forward and reverse sweeps • Draw strokes (feathered and sculling) • Bow draw • Stern rudder • Bow rudder • Stopping • Support using back and front of blade • Edging and Railing • Stroke combinations • Ferry glide forward and reverse • Break into and out of eddies • Use water features to assist in turning For each stroke the minimum performance requirements are: • Correct hand placement on paddle • Sufficient wrist movement to enable correct blade placement • Adequate paddle depth in water to achieve effective stroke • Correct paddle blade angle throughout stroke • Correct paddle entry and exit points with respect to craft and body position
River running	Read water to determine a safe route through a rapid: • Use water features for advantage to assist in turning and crossing currents • Follow a predetermined route through a rapid • Use avoidance techniques for any river hazards

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Complete an activity	Activity plan/brief is followed to meet time management requirements and activity goals. Plan is adjusted if and when required
Perform self and buddy rescues	Self rescue: • Capsize and wet exit • Swim to shore with craft and paddle • Defensive swim to remain in safe position • Aggressive swim to reach shore or an eddy • Retrieve a craft from a current • Drain craft Shallow water crossing: • Wade through shallow water Buddy rescue: • Deck Carry • Throw bag, including rope coil throws, pendulum swing into shore • Bow rescue off another craft • X rescue For all rescues an assessment of the situation is conducted and appropriate technique selected. Rescues are performed in a timely manner (no time wasted) and promotes safety to all involved and is deemed to work in all conditions. Good communication with Rescuee at all times.
Accept a tow	Calm is maintained. Craft kept in a straight line while towed. Craft kept stable and balanced
Perform a tow	Demonstrate: • Short tow • Contact tow • Arms as tows Tows are performed using quick release system that floats if disconnected. Tows are performed to promote safety to all.
Rope work	Demonstrate: • Bowline • Fisherman's knot • Round turn and two half hitches • Clove hitch • Highwayman's hitch • Truckies hitch • Prusik loop
Individual Situational Awareness	Participant is able to monitor personal wellbeing as well as environmental elements that may effect all participants
Apply paddle strokes	Demonstrate combinations of the above strokes to manoeuvre

	the craft effectively and efficiently
Perform additional rescues	Rescue of Swimmers: • Reaching • Throw bag for multiple swimmers, including coil rope throws • Snag lines • Shallow water crossing (wading) Gear retrieval: • Towing using a towline • Vector pulls • Z-drag; 3:1 For all rescues the situation is assessed to determine: • Risks • Priorities • Rescue method • Required equipment
Capsize and roll	Capsize craft and roll on both sides. Technique used must be safe and repeatable
Group Situational Awareness	Group and environment are monitored to ensure activity remains safe and enjoyable for all participants. Monitoring may include: • Fatigue • Separation • Sickness • Engagement • Weather • Other environmental influences

Knowledge

Knowledge and maintenance of craft	General knowledge of what makes a craft suitable for Whitewater. Must include but not limited to: • Construction • Material • Flotation • Water line • Handling characteristics • Grab handles • Foot support • Tow points
Select and advise on appropriate equipment and clothing	Clothing and equipment is selected with consideration of sun sense and other environmental influences Throughout assessment participants use appropriate equipment for the environment and are monitored and reminded of appropriate precautions. This equipment is prepared in a way to not impede on safety
Store, operate and maintain	Equipment to include but not limited to:

appropriate safety and communication equipment	• Lifejacket (level 50) • Sufficient food and water • Spare paddle • Mobile phone • Tow line • Sling/rescue ladder • Pea-less Whistle • PLB • Sat phone • Safety knife • Remote First Aid kit • Helmet • Throw bag • Spare clothing • Carabiners • Pulleys • Static rope Able to show or explain simple repair kit and the purpose of contents
Navigational aids	Knowledge of but not limited to: • Latitude and Longitude/Grid reference • Measuring distance • Scale • Paddling speed • Scale • Contour lines • Land features such as Spur, Ridge, Saddle, Gully, Knoll, and Plateau • River levels Able to complete an intentions form
Interpret weather	Able to access and demonstrate use of BOM Rainfall and river height data and effects on river
Plan an activity	Plan is developed to meet the activity goals and is appropriate for group, location and time limitation. Plan allows for all capabilities within the group and contains contingency plans for equipment failure and emergency evacuation
Minimal environmental impact	Follows PA Minimal Impact Guidelines
Maintain a log book	Understands the purpose and contents of a log book Knowledge and use of PA's **Paddle Log** app
Prepare a Float Plan	Understands the purpose and contents of a Float Plan Knowledge and use of PA's **Paddle Prep** app
Hydrology	General knowledge of: • River grading: 1 - 6 • Stoppers

	- Waves - Strainers - Eddies - Holes - Flow dynamics - Erosion - Weirs
Hazard identification and risk management	Able to identify risks and causal factors for a Whitewater trip and also able to identify management strategies to reduce any risks. Risks may include: - Separation - Drowning - Sunburn - Hypothermia - Hyperthermia - Entrapment
Selection of launching and landing sites	Understands the issues when selecting an appropriate launching and landing site to be safe for the group
PA's role, membership structure, your rights and responsibilities	Understands PA's membership, structure and rights and responsibilities as a registered PA leader
PA's relevant guidelines and policies	Has knowledge of the safe conduct of recreational paddling as described in PA's **Safety Guidelines**
Licensing, permits, legal matters	Able to give examples of any Licensing, Permits and other legal and behavioural laws and requirements that may be required for an activity

Communication

Group participants: Novice paddlers

Establish and maintain an effective communication system within a group	Participant establishes a safe working system. Maintain group within communication distance. Communication is limited to Verbal, Whistle, Visual. Communicate in a positive manner within a paddling group to help establish and maintain an enjoyable, safe experience for all group members Deliver directions in a clear and concise manner
Rescue communication	Demonstrate the ability to establish, and operate by, a chain of command: - communicate rescue priorities and plans prior to rescue - communicate during the rescue to assist in continually assessing the situation - use a range of communication methods with the

	swimmer/s, other rescuers and other group members, including whistle, verbal and non-verbal methods
Conduct briefing	Brief must include but not limited to: • Purpose and duration of activity • Expected conditions • Lifejacket fitting • Appropriate clothing worn • Correct posture • Setting up the craft • Launching and landing • Strokes as required • Limits • Actions in the event of an emergency • On water signals • Capsize drill • Warm up • Group movement requirements • Communication • Group paddling order and spacing • Foreseeable risks • Participant experience Brief is clear and concise, attention of the group is gained. Recollection could be tested.
Conduct debriefing	A debrief is conducted to suit the activity and group. Constructive feedback is provided

Experience

Minimum log book requirement	In the previous three years: • Ten Grade 2 Whitewater activities of a minimum of two hours duration in varying river heights and locations • Six Whitewater activities of at least three hours duration as an observer under training or as an assistant Guide in varying river heights and locations • Six Whitewater activities of at least three hours duration as lead Guide under observation of qualified Guide in varying river heights and locations

Leadership

Group participants: Novice paddlers

Manage the launching and landing of a group	Launch and landing promotes safety to all involved
Manage a group	Group is managed in a safe manner to meet activity goal; assistance and direction given if and when needed. Route is managed to promote safety to group

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Manage multiple capsizes and emergencies   Rescues are managed to promote safety to all in group

Assessment Documents

The following documents should be produced and submitted to your Assessor prior to final assessment. Preferred format for Project is PDF.

Project	Plan a six hour Whitewater paddle with a group of six novices in a location of your choice with Grade 2 water where your role is to plan the route and manage the group while on water. You are the Leader for all aspects of the trip but have an assistant with this qualification. The location must fit within the award definition above. Prepare: • A hazard identification and risk management program for the trip • A detailed navigation plan for the trip including main route, stops and contingencies • An equipment list for the trip, taking into consideration sun sense and hypothermia precautions, and including equipment for group communication and rescue. • A basic contingency plan in the event of environmental, human or equipment failure • A list of permits and licenses for the trip • A briefing in point form to be delivered prior to departure, to include route, group spacing, actions in the event of sickness, group split, capsize or other emergency. Look at the Bureau of Meteorology site and choose a forecast for the location that will have an impact on your trip. Write down or print out that forecast. Analyze how the forecast conditions will affect your trip and outline any changes or precautions you might take
Assessment Record	The completed Assessment Record for the award, signed by both Assessor and participant, preferably using the **Paddle Ed** app
Log Book	A copy of your log book with verified entries supporting the **Minimum log book requirement** above