

Girl Guides Australia
Australian Learning and
Qualification Program

CANOE/KAYAK BASIC SKILLS TRAINING OUTLINE



GIRL GUIDES
AUSTRALIA

Canoe & Kayak Basic Skills Training Outline

Canoe & Kayak Basic Skills Training should be appropriate for the learners, considering the boats available and the local conditions. Outdoor trainers can develop their own programs according to boats, conditions and environments in their state. Module activities completed at training can also be signed off in the module.

Canoe & Kayak Basic Skills training course should include the following as appropriate:

- Being Safe
 - Boating and other related rules from *Guide Lines*: <https://www.guidelinesforgirlguides.org.au/>
 - Activity Manual and instructors
 - Forms including Risk Management plans
 - General canoeing / kayaking safety – clothing, shipping, environment, signalling and communication
 - International Rules for Prevention of Collision at Sea (Rules for safe boating)
 - First aid
 - Weather conditions and tides
 - Water grades
 - Maps and Navigation
- Equipment
 - Personal equipment –first aid, repair kit, safety equipment, food, water etc
 - Clothing – sun protection, sunglasses, rain protection, warmth, footwear etc
 - Handling canoes / kayaks – eg loading, unloading, carrying
 - Selecting canoes / kayaks
 - Selecting a paddle
 - Personal Flotation Devices (lifejackets) and / or helmets
 - Stowing equipment into canoes / kayaks
 - Minor maintenance and repairs
 - Cleaning and stowing after use
- Canoeing / Kayaking Skills
 - Embarking, launching, disembarking
 - Manoeuvring strokes – Paddling forward and reverse, Sweep strokes, J stroke (if appropriate), Draw and pry strokes
 - Emergency stop
 - Low support
 - Capsizing safely and being rescued

- Knots and their uses
 - Reef Knot
 - Clove Hitch
 - Round Turn and Two Half Hitches
 - Sheet Bend
 - Bowline
 - Figure of Eight
 - Fisherman's Knot
 - Truckies' Hitch
 - Strap tie-downs
- Environmental Management
 - The Canoeists Environmental Code <https://paddle.org.au/education-safety/environmental-impact/>
 - Minimum impact practices including rubbish, toileting, disturbing flora and fauna

At subsequent training courses where the participant returns for further experience prior to conducting her own activity for assessment, the trainers may include the following:

When you are conducting the activity

- Awareness of individual and group responsibilities
- Monitoring and managing the group – health, morale, keeping together, pace of the slowest
- Incorporating the AGP - consulting members and keeping them actively involved, using patrol system, incorporating the recognition system
- Games and activities to build confidence, teach skills, practice skills
- Conduct and manage capsizes
- Trailer safety – loading and unloading canoes, hitching it to vehicle, towing