

Water Awareness and Charge Certificate Manual

Module 41: Advanced Kayaking

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Revision History

Module Title	Comments	Rev No	Revision Date
Module 17: Advanced Kayaking	Initial Release	1.0	3 Jan 2010
Module 41: Advanced Kayaking	Previous Module 17	1.1	23 Mar 2010
Module 41: Advanced Kayaking	Outcomes Added	1.2	31 Jan 2017

Outcomes

After completing this module, the certificate holder will:

- Be able to control the kayak accurately using paddle strokes
- Be capable of rescuing a capsized paddler without going ashore.
- Be able to manage a group of paddlers using paddle signals.

1 ADVANCED PADDLING MANEUVERS

1.1 Sweep Strokes

There are many ways to turn a kayak, but most are negative strokes and result in loss of speed. In many cases, loss of speed can be a disaster so the purpose of the sweep stroke is to turn the kayak without reducing speed.

To execute a sweep stroke, keep your arms low and place the paddle as far forward as possible. As you execute the stroke, concentrate on the outward movement of the paddle blade and minimise the backward movement. As you do this, your upper hand will punch across the centre line of the kayak. Look in the direction you want to turn to further amplify the stroke.

Done properly, the sweep will turn your kayak without losing speed.

1.2 Steer Strokes

Steer strokes, also known as rudder or tab strokes, allows the paddler to rapidly turn the kayak. These are negative strokes, but allow the paddler to steer the kayak from the bow or stern as required.

To execute the stroke, plant the blade close to the kayak, as far forward or back as you can reach. The kayak will turn towards the side on which your paddle is planted and the speed of rotation can be controlled by adjusting the angle of the paddle blade in the water.

1.3 Draw Stroke

The draw stroke is used to move the kayak sideways in the water.

Plant the blade in the water next to the paddler, parallel to the kayak, as far away as you can reach. Lean onto your paddle as you pull the boat to the paddle.

1.4 High Brace

Capsizes should be avoided whenever possible and a high brace is your last resort to prevent a capsize. Properly executed, a high brace can right a kayak that is 80° from the vertical.

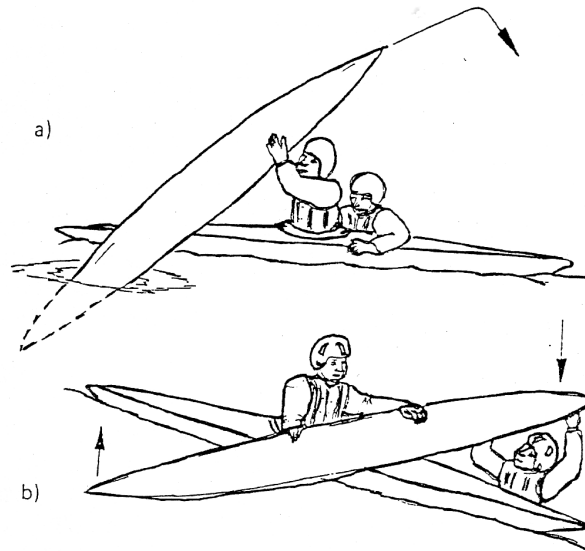
The stroke is executed by stretching out your lower arm and planting the blade. As force is applied to the blade, the paddler is righted and the kayak brought underneath the paddler.

It is important to keep your upper arm below the height of your shoulder when executing a high brace. Extending your arm upwards can cause your shoulder to dislocate during the stroke.

1.5 Deep Water Rescue

Often you or your buddy will capsize in deep water, far from shore, or where the shore is not conducive to a recovery. In this case you can use the deep water rescue method to empty the kayak and get back on your way. The rescuer must be wearing a spraydeck

After the capsize, turn the boat upright to minimize water entering the kayak. The upright paddler takes hold of the stern of the kayak and pulls the kayak across the deck of his own kayak at right angles to his own kayak. He then rolls the kayak over to the cockpit is resting on the deck of his own boat. The swimmer then takes hold of the rear handle and uses his weight to "see-saw" the kayak across the other kayak. This motion will drain the water.



Lastly place the boats along side each other so that the swimmer can climb up onto the decks of the kayaks and enter the boats as he would from shore.

1.6 Sculling Brace

Sometimes you will find yourself in a capsize situation where it is not possible to completely right your kayak with one high brace. In this situation you need to brace your kayak for as long as necessary until you can right yourself. A low brace will not suffice and a high brace requires too much effort to be done continuously. This is where a sculling brace comes in.

A sculling brace is executed by planting the blade in the water in a similar manner to the draw stroke. The paddle is then "sculled" in a figure of eight motion to provide constant righting motion.

1.7 Duffek Stroke

The Duffek, or hanging draw stroke, was created by a Hungarian paddler, after whom it is named, and is an efficient means of pivoting the kayak. It is mostly used in river situations, but can also be used to adjust your direction while travelling at speed.

Many paddlers will struggle with the stroke and end up tying their arms in knots and capsizing. Start by bending your lower arm, with your elbow touching your side. Bring your upper arm across your chest and place next to your shoulder and twist your body as far in the direction of the stroke as is comfortable.

Keep your hands close to the kayak and set the blade in the water. The pressure should be felt on your back and stomach muscles. Control the amount of bite using your wrists – roll your wrists back for more turn and forward for less drag. Once the paddle is set, do not move it towards the boat – rather let the boat turn towards the paddle.

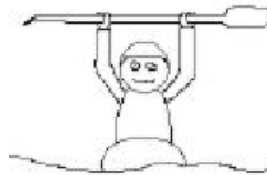
You must either be going faster than the water, or set the blade with the water flowing against it for this stroke to be effective

2 PADDLE SIGNALS

Discuss all paddle signals with every member of your team before beginning your boating trip. No matter how easy your signals are to execute and read, they are essentially useless if only one or two people understand them. Have everyone practice the signals as well to be sure they are crystal clear.

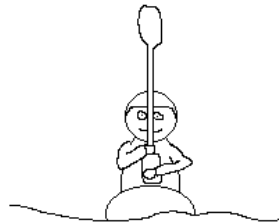
2.1 Stop

Hold the paddle horizontally as high above you head as possible.



2.2 Come

Hold the paddle vertically.



2.3 Go Left



2.4 Go Right

