

Zone7 Performance

INTRODUCTION

I am keen to get my Sea Kayak Leader award. I have been paddling many years and have all the apparent prerequisites

1. Wilderness First Aid
2. Sea kayak Award
3. Coastal Sea kayak Award
4. Navigation Award
5. Child Protection Course

Indeed I have a few addition and hopefully useful qualifications and experience as a qualified Personal Training Instructor, British Rowing Level 2 Coach and 4 x GB Coastal Rowing Gold Medallist.

However, it seems many assessors have very different views of what is required for Sea Kayak Leader award. For example: A log book indicating 24 day trips in 3 separate, non-adjacent coastal areas.

I can find no evidence for this, or indeed definitions of what is a "day trip" (by distance, by hours ?) or indeed if leading what defines a "leadership trip" as opposed to a casual paddle with your mates.

So I have set about looking the wide range of confusing and often conflicting documentation from British Canoeing to try and make sense of this, for me and for those who are seeking to assess me.

NOTES

Each Leader must be seen **leading a group (minimum of 3)** in conditions at the top end of the environment.

Leaders should demonstrate the following personal skills: **A. Participant Focused Leadership Skills B. Personal Paddling Skills C. Rescue Skills D. Underpinning Background Knowledge, Understanding and Experience**

Leaders should demonstrate that they are aware of potential risks, safety precautions and safety thresholds pertinent to leading groups on moderate open water. This will including winds **up to and including force 4.**

Examples of evidence could include a logbook, practical assessment, and thorough discussion and questioning

Source: CanoeOpenWaterLeaderAssessmentGuidanceV1-2Oct2021.pdf
http://www.timhijrogers.com/zone7_kayakSKL/CanoeOpenWaterLeaderAssessmentGuidanceV1-2Oct2021.pdf

This seems worth a read since it is what the assessor will be using to assess you.

Source: CanoeOpenWaterLeaderChecklistV1-2Oct2021.pdf
http://www.timhijrogers.com/zone7_kayakSKL/CanoeOpenWaterLeaderChecklistV1-2Oct2021.pdf

Everyone seems to have a different approach to log books. Some have detailed notes in a book, others a spreadsheet or list. Some use strava, garmin or other on-line tools. It seems to

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me using this JourneyPlanningSheet may be the best way to log trips for assessor, and avoiding an argument about what should or should not be included in a log.

Source: JourneyPlanningSheetV1-1Oct21.pdf

http://www.timhijrogers.com/zone7_kayakSKL/JourneyPlanningSheetV1-1Oct21.pdf

But British Canoeing have differences between JourneyPlanningSheet and Logbook, which might make it confusing which to use, and bring for assessment.

Source: Logbook_Final_1.pdf

http://www.timhijrogers.com/zone7_kayakSKL/Logbook_Final_1.pdf

As a guide, candidates who are successful at assessment normally have a **minimum of the following experience**, gathered through a range of different environments:

- 12 trips/sessions as an active, capable member of a group
- 12 trips/sessions acting as Leader

Candidates are not required to bring a downloadable logbook of experience to assessment. However this can help the Assessor to understand the experience upon which the decision making is based. A downloadable logbook is available from the British Canoeing Awarding Body website.

Self-reflection involves looking back on past actions and events, taking a conscious look at emotions, experiences, actions and responses and using that information to affect future actions.

You are advised to bring any **records of self-reflection** to assessment. This provides the Assessor with valuable evidence that can support their assessment of your skills.

Journey Planners and a downloadable logbook are available from the British Canoeing Awarding Body website.

Sea Kayak Leader (tidal)
Assessment Registration and Prerequisites

Sea Kayak Leader (tidal)
Moderate sea. This includes a stretch of coastline with some areas where it is not easy to land but there will always be straightforward land points a maximum of two nautical miles apart, crossings not exceeding two nautical miles, up to 2 Knots of tide (but not involving tide race or overfalls). Wind strengths do not exceed Beaufort force 4. Launching and landing through surf (up to 1 metre, trough to crest height).

Source: LeadershipAndRaftGuideAwardCourseGuideV1-9Nov2021.pdf

http://www.timhijrogers.com/zone7_kayakSKL/LeadershipAndRaftGuideAwardCourseGuideV1-9Nov2021.pdf

Staffing and Candidate Numbers for Training

British Canoeing Awarding Body endorsed Leadership Provider – 1 **Number of Students:**
Minimum 1, Maximum 6 (Sheltered/Moderate environments) Minimum 1, Maximum 4
(Advanced environments)

2. Sea Kayak Leader Awards (Tidal and non-tidal)

Although it is possible to identify areas within the UK and International waters that have very little vertical movement but strong tidal streams and other areas with a larger tidal range but almost no tidal streams, these areas are deemed as tidal.

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NOTE: Anywhere on the British Isles coastline would be deemed as tidal.

There are some inland and specific sea areas within the UK and International waters where sea kayaks are specifically used, such as the Great Lakes, sheltered Fjords, Mediterranean, lochs and lakes, where there is no appreciable tidal movement. If these areas are used in isolation with no significant tidal inlet movements, then this would be deemed as non tidal.

Source: LeadershipAndRaftGuideAwardsProviderNotesV1-8Nov2021.pdf

http://www.timhijrogers.com/zone7_kayakSKL/LeadershipAndRaftGuideAwardsProviderNotesV1-8Nov2021.pdf

There is a good section on leadership styles, behaviours, controls etc. in Pages 6-12

Leadership Style and Behaviours: The leadership style and behaviours meet the participant needs, the task and environment

Source: PersonalPerformanceAwardsProviderRequirementsV2-1Oct2021.pdf

http://www.timhijrogers.com/zone7_kayakSKL/PersonalPerformanceAwardsProviderRequirementsV2-1Oct2021.pdf

The Leader will be working from their suitably chosen closed cockpit sea kayak craft and will be assessed leading a group of 3 to 6 paddlers.

Each Leader must be seen leading a group (minimum of 3, maximum of 6) in conditions at the top end of the environment.

Observation of practical Leadership will be supplemented with questioning, discussion and specific tasks as required. Assessors need to gather sufficient evidence of competence in a range of scenarios relating to leading sessions in the moderate tidal or non-tidal environment, not just those experienced during the practical assessment.

I think this document is the key MUST READ document

Source: SeaKayakLeaderAssessmentGuidanceV1-4Oct2021.pdf

http://www.timhijrogers.com/zone7_kayakSKL/SeaKayakLeaderAssessmentGuidanceV1-4Oct2021.pdf

Source: SeaKayakLeaderChecklistV1-2Oct2021.pdf

http://www.timhijrogers.com/zone7_kayakSKL/SeaKayakLeaderChecklistV1-2Oct2021.pdf

APPENDIX 1

Some other useful resources I have been given or found.

Source: <https://www.britishcanoeingawarding.org.uk/leadership-raft-guide-resources/>

[Leadership & Raft Guide Self Analysis Tool](#)

[Leading & Guiding in Unfamiliar Environments eLearning](#)

[Leadership eLearning](#)

[Coaching and Leadership Logbook](#)

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[Raft Guide Video Playlist](#)

[Including the Buzz of Weirs in your Leadership Presentation](#)

[Leading Mixed Craft Journeys](#)

[Leadership Model](#)

[Journey Planning Sheet](#)