

Canoeing South Africa

Candidate:

K1	K2	Basic Proficiency Test	Boat No.:
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The aim of this test is to satisfy the testing official and CSA that the candidate has attained the level of proficiency required to participate in Flat Water.
Unless and until this test has been completed, the candidate will not be allowed to enter such events.

Club:

1	Theory Test (Interview)	Comments	OK? Yes/No
1	What are the criteria for selecting a boat for yourself for the river?		
2	What is the minimum amount of buoyancy required in a kayak?		
3	What basic safety equipment should you always take with you to a canoe race?		
4	What is the difference between a life-jacket and a buoyancy aid?		
5	What should you do before setting out in your canoe?		
6	You have capsized – what is your first action?		
7	Describe the support/recovery stroke		
<i>Tested by:</i>		<i>Date:</i>	
2	Practical Test	What should be shown	Comments
	<i>Candidates must be in full kit</i>	<i>Boat, paddle, splash cover, buoyancy aid</i>	<i>Equipment must be checked by examiner</i>
1	Launch the Kayak	<ul style="list-style-type: none"> ➤ Must be floating next to the bank or jetty ➤ get into the kayak correctly handling the paddle ➤ put splash cover on, maintaining balance ➤ paddle confidently away 	
2	Paddling style	<ul style="list-style-type: none"> ➤ correct width of grip ➤ correct paddling position ➤ correct entry and exit of blade 	
3	Demonstrate skills	<ul style="list-style-type: none"> ➤ emergency stops ➤ support strokes ➤ steering strokes ➤ the ability to reverse 	
4	Carry out a deliberate capsize	<ul style="list-style-type: none"> ➤ release splash cover ➤ retain paddle ➤ retrieve boat and turn it upright ➤ swim to shore ➤ demonstrate correct emptying procedure 	
<i>Tested by:</i>		<i>Date:</i>	
3	Swimming Test ± 100 Meter Swim	With FULL paddling kit	yes
<i>Tested by:</i>		<i>Date:</i>	
4	Time Trial	10 KM in less than 70 minutes (or, if not full 10 KM, then at least 8 KM and within 1.55 of the time of the winner)	Time: Ratio:
<i>Tested by:</i>		<i>Date:</i>	

ACCEPTED BY:

Club Safety Officer:		Date:
CSA Official:		Date:
<i>Certificate awarded:</i>	<i>Union updated:</i>	<i>CSA updated:</i>

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TEAR-OFF RECEIPT

CANOEING SOUTH AFRICA		BASIC PROFICIENCY TEST		Testing fee R150
The Club Safety Officer hereby confirms that the Candidate below has successfully completed all four sections of the Basic Proficiency Test and that the test result sheet has been duly completed, signed and submitted to the Union and CSA Registration Officer.				
Candidate:				Club:
Club Safety Officer:				Date:

Canoeing South Africa

Candidate:

K1	K2	River Proficiency Test	Boat No.:
The aim of this test is to satisfy the testing official and CSA that the candidate has attained the level of proficiency required to participate in c Class River events Unless and until this test has been completed, the candidate will not be allowed to enter such events.			Club:

1	Theory Test		Comments	OK? Yes/No
	OPEN BOOK TEST - TO BE COMPLETED AND HANDED IN BEFORE RIVER PROFICIENCY. On Reverse of this form			
	<i>Tested by:</i>		<i>Date:</i>	
2	Practical Test	What should be shown	Comments	OK? Yes/No
		<i>Candidates must be in full kit</i>	<i>Boat, paddle, splash cover, buoyancy aid</i>	<i>Equipment must be checked by examiner</i>
	1	Drawing strokes in fairly deep water	In both directions Kayak must remain straight and paddle upright	
	2	Ferry-glide across flowing water, facing upstream and downstream	Must not lose or gain ground Read the current correctly Good rudder control – particularly when facing downstream	
	3	Use an eddy to exit fast flowing current	Facing downstream Upstream lean must be evident	
	4	Break out into fast flowing current	Facing upstream Downstream lean must be evident	
	5	Emergency stop in flowing water	Facing downstream Good rudder control	
	6	Negotiate tight corner (preferably S-bend)	Approach – hugging the inside Correct exit – crossover without spin-out	
	7	Negotiate a bend where the current flows under trees	Ducking and bracing Leaning into tree Retaining hold on paddle	
	8	Negotiate a small rapid	Choice of good line	
	9	Carry out a deliberate capsized	Release splash cover and retain paddle Retrieve boat and turn it upright Swim to shore and empty boat efficiently Launch again, facing upstream	
	10	Wading technique	Demonstrate single & tandem wading technique	
11	Defensive & aggressive swimming technique	Demonstrate defensive & aggressive swimming technique		
<i>Tested by:</i>			<i>Date:</i>	

ACCEPTED BY:		
Club Safety Officer:		Date:

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CSA Official:		Date:
<i>Certificate awarded:</i>	<i>Union updated:</i>	<i>CSA updated:</i>

TEAR-OFF RECEIPT

CANOEING SOUTH AFRICA	RIVER PROFICIENCY TEST	Testing fee
<p>The Club Safety Officer hereby confirms that the Candidate below has successfully completed the River Proficiency Test and that the test result sheet has been duly completed, signed and submitted to the CSA and Union Registration Officer.</p>		R150
Candidate:	Club:	
Club Safety Officer:	Date:	

OPEN BOOK TEST - TO BE COMPLETED AND HANDED IN BEFORE RIVER PROFICIENCY

What circumstances dictate that helmet and buoyancy aid must be worn?

When may one not have a drinking system with you?

Describe the dangers of trees, weirs, holes and turbulence.

Where does one find an eddy? Describe two kinds.

Describe the best way to swim down a rapid sans boat.

What should you do before negotiating an unknown weir or rapid?

What do you do if you get caught in a “ washing machine”?

What is the signal on a river for DANGER – STOP?

Why is it important to travel as a group when tripping?

What is the effect of wind? Where is its effect lessened? What is the effect on a paddler?

Put these in the correct rescue sequence when a situation arises. Equipment - Self - Victim - Group