

NACK Certification Levels: Paddler Proficiency

Flatwater –F1

Description—A paddler at this level is generally new to the sport, having received less than 8 hours of formal training. They paddle in daylight hours only, in protected waters, and in winds of Force 3 (10Kn) or less.

Required Equipment for Assessment:

- Craft suitable for conditions with internal floatation (if applicable)
- Paddle
- Coast Guard approved personal floatation device—PFD
- Whistle
- Bailing pump
- Basic personal first-aid kit, packed in watertight container
- Clothing appropriate for immersion and conditions

Skills and Knowledge:

1. Demonstrate knowledge of hypothermia and hyperthermia, along with techniques for prevention and treatment.
2. Transport: Paddler must demonstrate knowledge of safe method of road transport for watercraft.
3. Lift & Carry (Single and two-person): Safe and efficient method of transporting craft from road vehicle to shore demonstrated.
4. Launching/Landing: Entry and exit of craft from or to low dock or bank. Bank launch/landing to be accomplished without the use of paddle.
5. Wet exit/Swim to shore: In water no deeper than four (4) feet, with spray deck attached (if applicable), paddler will perform this maneuver with spotter alongside. To be performed in controlled, relaxed manner, using ACA-approved method. All equipment must be retained during maneuver. Paddler will then swim boat to shore (25 yards).
6. Rafting. Demonstrate stability of craft when rafted with others.
7. Forward stroke; Stop; Reverse stroke: Paddler will proceed 50 yards in straight line. They will then execute a controlled stop. Paddler will then paddle back to start in reverse in a straight line.
8. Sweep stroke: Forward and reverse sweep (turning) strokes demonstrated. Paddler will then execute sweep stroke pivot, turning craft 360°. Both directions demonstrated.
9. Draw stroke: One draw stroke demonstrated on both sides of craft. Watercraft must move sideward 10 (ten) feet.
10. Support stroke: Demonstration of low brace on each side. Describe high brace.