

## **NACK Certification Levels: Paddler Proficiency**

### **Advanced Flatwater-AFW**

Description: A paddler at this level of proficiency has received a minimum of 8 (eight) hours of formal instruction or equivalent. Will paddle through twilight hours, in protected waters, with winds up to force 4 (11-16 Kn). Maximum distance to shore not to exceed 220 yards/1/8 mile. Must be able to complete 2 (two) hour journey at moderate pace.

### **Required equipment for assessment (in addition to that required for FW) :**

- Signaling device
- Mobile phone and/or marine VHF radio, in water-resistant bag
- Spare paddle
- Hand-held or mounted marine compass
- First-aid kit for 2 or more persons, packed in watertight container.
- Safety sling
- Paddle float (foam or bladder)
- Spare clothing appropriate for conditions, packed in dry container

### **Skills and Knowledge (in addition to those required for FW rating):**

1. Launching/Landing: Performed without damage to self, craft, or bank.
2. Signaling: Demonstrate knowledge of common paddle signals.
3. Swimmer Rescue. Return able-bodied swimmer to shore from 100 yard distance using approved technique.
4. Forward stroke: 200 yards; Evidence of torso rotation observed.
5. Stopping: Backward movement by fourth (4<sup>th</sup>) stroke; done on command.
6. Maneuvering (turning) strokes: Moderate edging of craft observed. 360° sweep executed without significant forward or reverse travel. Figure-of-Eight performed on course, forward direction.
7. Draw strokes: Two demonstrated; both sides, 15 feet each side.
8. Bow rescue: Performed from distance of ten (10) feet; paddler serving as rescuer and victim.
9. Deep-water rescue: Must be able to perform one (1) assisted and one (1) unassisted rescue. Type determined by paddler; Rescues must be completed within four (4) minutes.
10. Support strokes: Proficient low brace, head outside centerline of craft. Initial stage of high brace demonstrated.
11. Trip log: Recommended. Basic entries would include time; length of time on water; conditions at start/end; concerns; wildlife sighting.