

# NACK Certification Levels: Paddler Proficiency

## Inland Coastal-IC

Description: A paddler at this level of proficiency has continued their training and instruction, participating in a minimum of twenty four (24) hours of formal training or equivalent contact time. Will paddle in daylight or night hours, on inland coastal waters, with winds up to force 5 (17-21 Kn) and waves up to two (2) feet. Can complete a day journey of at least ten (10) miles at moderate pace. Maximum distance to shore not to exceed ½ mile.

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

- Sit-on-or-in craft with grab loops/toggles/deck lines suitable for assisting rescue techniques.
- Spare paddle
- Visual signaling devices for day and night use: Waterproof white light plus signal mirror, dye and/or incendiary marine flares and/or marine smoke grenade. Chemical light source recommended in addition.
- Waterproof emergency strobe light, attached to PFD
- Dry storage containers with additional insulating personal clothing, matched to purpose and conditions
- Water supply; snack (readily accessible from cockpit)
- First aid kit for outdoor emergencies
- Compass attached to PFD (recommended marine compass for deck also)
- VHF marine radio suitable for immersion. Mobile phone recommended in addition.
- Fixed (on-boat) or belt-deployed towing system intended for sea kayak use.
- Knife, suitable for marine environment, readily accessible but secure

### Skills and Knowledge (in addition for those required for AFW rating):

1. Knot Tying: Demonstrate stopper knot, bowline, and hitch.
2. Forward stroke: Demonstrate efficient and powerful power and touring strokes
3. Stopping: From high forward speed, a full stop proceeding to reverse motion within four (4) strokes, command given by assessor
4. Maneuvering strokes: Bow and stern rudder strokes; execution of figure-8 course in forward and reverse
5. Draw strokes: Three different static methods, done up-and downwind (if conditions warrant); Draw on-the-move with control of bow angle relative to motion; Hanging draw with control of kayak relative to sideward motion
6. Bracing: Low and high braces performed with confidence. Significant leaning that would otherwise result in capsize expected. Low brace turn: both sides, from high forward speed, begun with opposite-side sweep.

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7. Sculling for support: Performed with kayak hull at least 60° angle, for one (1) minute
8. Rescue: Demonstration of any four (4) of the following, performed in water with wave action of at least one (1) foot, moderate winds:
  - X-rescue (as rescuer and victim)
  - T-Rescue (as rescuer and victim)
  - Scoop rescue
  - Unconscious paddler rescue
  - Paddle float rescue
  - Bow /Paddle presentation rescue (Twenty [20] foot distance)
  - Sling rescue
9. Additional self-rescue: Roll on one side, with or without setup, within three attempts.
10. Towing: Contact tows done with victim's kayak in both bow—bow and bow—stern orientation for 200 yards, executing three turns and returning to start area (square circuit). Line tows done singly and with assisting/supporting paddler in contact with victim's kayak for ½ mile, upwind if conditions allow. Line tow with capsized victim: emergency disengagement/removal of tow line or belt.
11. Navigation: Demonstration of basic compass skills; taking bearing and determining back bearing to specified location; Interpretation of common chart symbols; Chart knowledge including compass rose and magnetic

variation; chart scale; Tide and current: knowledge of same, including that of tide chart time and height data. Must be able to plot simple course and determine average time needed to complete same.

Meteorological Knowledge: Know sources of weather information, forecast, and interpretation. Reading conditions: Awareness of changing patterns of sea, sky, wind.