



**WORKING VERSION 2025**

<http://www.europaddlepass.eu>

# **EURO PADDLE PASS FRAMEWORK**

A European Approach to  
Competency in Paddle Sport

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## INTRODUCTION:

### Members of Euro Paddle Pass & Contact Information

EPP homepage: <http://www.europaddlepass.eu/>

#### FRANCE

Fédération Française de Canoe Kayak: <http://www.ffck.org/>

#### IRELAND

Canoe Ireland: <https://canoe.ie/>

#### GREAT BRITAIN

British Canoeing: <https://www.britishcanoeing.org.uk/>

#### SLOVENIA

Canoe Federation of Slovenia: <http://www.kajak-zveza.si/moduli/prvastran/>

#### SWEDEN

Svenska kanotförbundet: <http://www.kanot.com/>

#### DENMARK

Dansk kano og kajak forbund: <http://kano-kajak.dk/>

#### ITALY

Federazione Italiana Canoa Kayak: <http://www.federcanoa.it/>

#### NORWAY

Norges Padleforbund: <http://www.padling.no/>

#### GERMANY

Deutscher Kanu-Verband: <http://www.kanu.de/>

#### FINLAND

Suomen Melonta- ja Soutuliitto ry: <http://www.melontajasoutuliitto.fi/>

#### SCHWEIZ

Schweizerischer Kanu-Verband: <http://www.swisscanoe.ch/>

## Euro Paddle Pass Goals

- Heighten awareness of the educational and social value of Paddle Sport.
- Increase public access to Paddle Sport through the widespread availability of standardised Paddle Sport information and training.
- Develop a common approach to teaching/coaching standards in Paddle Sport.
- Increase awareness of the positive contribution Paddle Sport makes to the natural environment.

### These goals are to be achieved through...

- Design and implementation of a framework of minimum standards that can enable trans-national recognition of competency tests.
- Provision of a model of standard competency tests in Paddle Sport for federations which do not have competency tests.
- Design and production of common resource materials to assist coaches and instructors in the delivery of competency training courses and assessments.

## Canoeing & the Natural Environment

Candidates should understand and show an appreciation of their own country's environmental legislation – and update to the country they are visiting.

- level 1 general awareness
- level 2 basic knowledge and interactions
- level 3 basic knowledge, interactions and understanding of consequences
- level 4 take decisions with a plan to progress
- level 5 show confidence while exploring, respecting environment

## EPP General Guidelines for Paddlers

- EPP recommends the candidate to paddle together with another.
- Know the limits of your capability and stay within the limits.
- Be aware of the hazards associated with the environment in which you are paddling.
- Ensure your equipment is appropriate for the level and environment in which you are paddling and that it complies with safety regulations.
- Respect the natural environment at all times.
- You have made yourself aware of local conditions and weather forecasts
- Be aware of the country's Good Practice Guidelines.
- Be aware and respect access agreements; avoid conflict with landowners.
- In competition adhere to the principles of Fair Play at all times.

### Access

- Candidates should know how to gain information on access to rivers and lakes.
- Candidates should be aware of the problems of canoeing on private waters and how great sensitivity needs to be shown when launching and landing (towards residents, landowners, farmers, anglers).

## Principles for EPP

When viewed in a holistic manner this matrix indicates how each level should be perceived in the EPP framework.

|                         | Level 1  | Level 2   | Level 3  | Level 4   | Level 5  |
|-------------------------|--|---|--|---|--|
| <b>Overview</b>         | Beginner (Learning fundamentals )                      | Intermediate (Developing an understanding and practical application)                          | Independent (Experienced paddler)  | Proficient (Experienced paddler and developing leader)                    | Expert (Experienced paddler and leader)  |
| <b>Role</b>             | Participant in a led group                             | Peer paddler as part of group   | Self sufficient participant of peer group  | Supporting and assisting other  | Leader   |
| <b>Decision making</b>  | Learning to make decisions                             | Making decisions with others  | Making decisions   | Supporting decision making for others                                     | Making decisions for others when needed  |
| <b>Technical skills</b> | Able to control their craft with                       | Able to control their craft with directional stability  | Able to move their craft efficiently and effectively                               | Able to Move their craft efficiently and effectively                      | Able to Move their craft efficiently and effectively                               |
| <b>Tactical</b>         | Ability to recognise conditions                        | Ability to recognise and start to use the conditions  | Ability to use the conditions effectively  | Ability to adapt and maximise the conditions                              | Ability to adapt and maximise the conditions                                       |
| <b>Personal safety</b>  | Have an awareness of their own safety                  | Can obtain information and with support make informed decisions within their own capabilities | Independent application of decisions for themselves                                | independent application of decisions                                      | Independent application of decisions   |
| <b>Safety group</b>     | Awareness of their own responsibility within the group | Responsible for the safety of themselves within the group                                     | Responsible for the safety of themselves and the supporting of other group members | Assisting others by providing a safety framework for the group            | Supporting and advising others, providing a safety framework for the group         |
| <b>Equipment</b>        | Learning how to choose and effectively use equipment   | Able to identify and effectively use equipment  | Able to adapt equipment choice and use for a changing environment                  | Able to support others in choice and use of equipment                     | Advise on equipment choice and use for a changing environment                      |
| <b>Environment</b>      | Awareness on how to minimise damage                    | Awareness on how to minimise damage and shared spaces   | Advocate of respecting and protecting the environment and shared spaces            | Ambassador of respecting and protecting the environment and shared spaces | Educating of others in respecting and protecting the environment and shared spaces |

|                              |  |   |  |   |   |
|------------------------------|--|---|--|---|---|
| <b>Rules and regulations</b> | Awareness of broad rules and regulations | Able to access and be supported in the application of the rules and regulations | Able to access and apply the rules and regulations | Ambassador of the rules and regulations | Education of others in accessing and application of the rules and regulations |
|------------------------------|--|---|--|---|---|

Idea for keywords: Body rotation, pivot points, blade angle vs water

## Assessment guidelines

Assessor must be certified by his national federation to be allowed to assess at a given level, in a given discipline. He/she should be a paddler of the upper level he / she is assessing or be a trainer / guide / instructor / coach for the level paddlers he/she is assessing. He has to be trained by federation to the method and the posture of assessment.

Assessment should be safe and fair. Candidates should be informed of safety instructors technical standards and other requirements of the specific discipline and level they are assessed.

### LEVEL 1

Assessor should be level 2 paddler or higher. He / she must be briefed and approved by the federation. Level 1 assessors could also be collective e.g. club or company approved by the federation.

### LEVEL 2

Assessor should be level 3 paddler or higher. He / she must be a relevant level trainer / guide / instructor / coach. He / she must have generic assessor training and he / she must be approved by the national federation. Assessor and trainer could be the same person.

### LEVEL 3

Assessor should be level 4 paddler or higher. He / she must be a relevant level trainer / guide / instructor / coach. He / she must have discipline specific assessor training and approval by the national federation. Trainer and assessor should not be the same person. It is not recommended to assess family members.

### LEVEL 4

Assessor should be a level 5 paddler. He / she must be a relevant level trainer / guide / instructor / coach. He / she must have discipline specific assessor training and approval by the national federation. Trainer and assessor should not be the same person. There should be two assessors. It is not recommended to assess family members.

### LEVEL 5

Assessor should be a level 5 paddler with relevant training & experience. He / she must be a relevant level trainer / guide / instructor / coach for the level paddlers he / she is assessing. He / she must have discipline specific assessor training and approval by the national federation. Trainer and assessor can't be the same person. There should be two assessors. It is not recommended to assess family members.

## KAYAK OR CANOE

### KAYAK OR CANOE - LEVEL 1 - YELLOW

#### **Aim**

An encouragement award and a basic assessment of ability at the end of an introductory course. The test itself should encourage fun, basic boat handling skills, safe practice and a regard for equipment and the natural environment.

#### **Location**

Sheltered Flat Water (not a swimming pool).

#### **TECHNICAL STANDARDS**

##### **Lifting, carrying and launching**

1. The candidate must demonstrate good safe lifting and carrying principles using legs rather than the back; assistance is recommended.
2. The paddle must remain within reach or can be used to assist in embarking.
3. Correct approach to the waterway relative to gradient, current, and type of bank or shore.
4. Control must be maintained while entering the water.

##### **Forward paddling over a 50m course**

1. Candidates must show evidence that they are able to control the kayak/canoe in a straight line over a distance of 50 metres.
2. Some directional instability is likely to occur but this should not include complete loss of forward movement or a continuous careering from side to side.

##### **Stopping**

1. Stopping should be demonstrated in both directions.
2. Opposite motion should be in evidence within four strokes.

##### **Sweep Stroke - Rotate 360 degrees on the spot**

1. Spinning should be demonstrated in a clockwise and anti-clockwise rotation using the appropriate combination of forward sweeps and reverse sweeps.
2. Some body rotation to be in evidence.

##### **Reverse paddling**

1. The kayak/canoe should travel a distance of 25 metres.
2. Turning the trunk and looking over one or both shoulders must be in evidence.

##### **Paddle a figure-of-8 course**

1. The candidate should paddle a prescribed figure-of-8 course using a combination of forward strokes and sweeps to demonstrate a basic level of steering control.

##### **Return to bank and disembark**

1. Correct approach to the bank, relative to wind, current, and type of bank or shore.



2. Control must be maintained while exiting.
3. Exit without damaging the kayak/canoe or the bank.

## Progression

Show sufficient beginnings of:

## Moving sideways

1. Some body rotation towards the paddling side should be in evidence.
2. Blade should be well immersed, paddle shaft probably not upright at this stage.
3. Recovery of the blade through the air or sliced in the water is acceptable.
4. Clear evidence of sideways movement should be in evidence - some bow or stern swing is acceptable.

## Ruddering

1. With forward movement of the canoe/kayak, the paddle should be inserted to one side of the boat.
2. Trunk rotation towards paddle side
3. Blade should be almost covered, front arm relaxed over the stomach, shaft parallel to side.
4. The kayak/canoe should be kept running in a straight line with the paddle remaining on the one side.

## Preventing a capsize

1. The kayak/canoe should be edged sufficiently to be nearly off balance.
2. Low recovery strokes should be demonstrated on both sides.

## SAFETY STANDARDS

### Capsize, swim ashore and empty

1. The candidate should remain calm and quickly regain and maintain contact with the kayak/canoe.
2. The paddle should be retained or collected by swimming with the kayak/canoe to the paddle and empty the boat on the bank/shore.
3. Help can be asked for, so long as the candidate remains in charge of emptying.

## Water Confidence

1. The candidate should show confidence about being immersed in the water while wearing a buoyancy aid.

## Equipment standard

Basic kayak, SUP-board or canoe and paddle.

## Personal Protective Equipment

The candidate must wear a buoyancy aid and appropriate gear for situation and weather, which may include but is not limited to - helmet and footwear.

# KAYAK

## KAYAK - LEVEL 2 - GREEN PADDLE

### Aim

An improvement award that covers the basic flat water skills. The emphasis is on creating the desired movement of the boat through developing an understanding of cause and effect through the connectivity

between body, boat and blade, rather than concentrating on rigidly defined strokes.

## Location

The assessment of this award should take place during a flat water journey of at least 2 hours (6 km) duration.

## Pre-requisites

There are no pre-requisites for the EPP Level 2 Kayak Award.

## TECHNICAL STANDARDS

### Lifting, carrying and launching the kayak

1. The candidate should demonstrate safe lifting and carrying principles using their legs.
2. The paddle must remain within easy reach or can be used to assist embarking.
3. Correct approach to the waterway relative to gradient, current, and type of bank or shore.
4. Control must be maintained whilst entering the water.

### Efficient forward paddling

1. The candidate should paddle a distance of about 200m.
2. Posture upright but natural.
3. Demonstration of continuous natural rhythmic paddling with some trunk rotation should be in evidence.
4. Candidates should achieve a reasonable degree of steering accuracy to including 50m at a good cruising speed.

### Reverse paddling and stopping

1. The candidate should demonstrate controlled and reasonably accurate reverse paddling over a distance of 25m towards a point defined by the assessor.
2. Look over one shoulder and unwind the trunk to produce power while reversing.
3. Back (non-drive) face of the paddle presented to the water.
4. For stopping, the kayak should be travelling at a good cruising speed in the opposite direction and stop within 4 strokes.

### Moving the kayak sideways

1. The candidate should move boat sideways 5m from a stationary position retaining directional stability.
2. Blade to remain sufficiently submerged throughout the draw.
3. Top arm should be around shoulder height.
4. Demonstration of body rotation should be in evidence.
5. This can be achieved through a drawing or a sculling motion.

### Low recovery stroke

1. Demonstrate on both sides, effective low recovery stroke with the boat off balance.
2. A good firm push, with associated hip rotation, should be evident.

### Sculling Support

1. Paddle shaft horizontal, leading edge of blade raised on each scull.
2. Arms flexed in a natural position.
3. Paddler leaning so that paddler is just off balance, using the paddle for support.

## **Stern rudder**

1. The kayak is to be paddled up to a good speed using the paddle as a stern rudder to control the course with minimum speed loss.

## **Steering with rudder:**

1. In the case of an assessment in a kayak with a rudder the candidate must understand and be able to use a ruddering action and be able to maintain the paddling direction using the rudder.

## **Low brace turn**

1. The kayak should be turned while on the move first using a series of sweep strokes, secondly a low brace turn.
2. The low brace turn is to be induced by a short effective sweep on the opposite side followed by a good edge and lean into the turn; the paddle should be in the low brace position, level or just in front of hip, shaft as parallel to the surface of water as kayak should allow, back of the blade on the water. The kayak carves a slow, stable turn.

## **Edging and leaning**

1. The candidate should paddle with the boat steadily on edge with or without leaning of the upper body.

## **Disembarking**

1. Correct approach to landing spot, exit kayak while maintaining control of the boat. Exit without damaging the kayak, paddle or the environment.

## **Securing**

1. The candidate must understand the concept of securing boats at the end of the session, either by tying down or putting onto purpose-made racks, using ropes with a secure knot.

## **SAFETY STANDARDS**

### **Capsize, retain equipment, empty the boat, perform an assisted re-entry**

1. Capsize and release spray deck - the candidate should remain calm and quickly regain and maintain contact with the boat.
2. The paddle should be retained, or collected by swimming the kayak to the paddle.
3. Swim not more than 10 metres and empty the kayak on the shore.
4. Help can be asked for, so long as the candidate remains in charge of emptying.
5. In deep water jump out while retaining contact with the kayak, and climb back into the kayak.
6. The candidate may have assistance from a second person that is also in the water.

### **Traditional Greenland recovery**

1. Where the kayak is appropriate the candidate must demonstrate recovery with lower body rotation from an upside down position while maintaining a hold on the rescuer's bow or paddle.

### **Show water confidence appropriate to venue and weather**

### **Equipment standard**



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Basic boat with double bladed paddle.

## **Personal Protective Equipment**

Flotation as appropriate to kayak, adjusting outfitting, spray deck, buoyancy aid and helmet as appropriate.

**[updated march 2020]**

## CANOE

### CANOE (SOLO OR TANDEM) - LEVEL 2 - GREEN PADDLE

#### Aim

An improvement award that covers basic strokes and techniques on flat water. The emphasis is on creating the desired movement of the canoe through developing an understanding of cause and effect rather than concentrating on rigidly defined strokes. In doubles crews, each person must perform each task both from the bow and from the stern. In the particular case of the doubles 'moving forward' element, the stern candidate would be responsible for directional control; the bow candidate would not contribute to the steering. Likewise in the 'reverse paddling' element, the bow candidate would be solely responsible for directional control. In this way both candidates gain insight into doubles paddling and yet are able to get to grips with exploring the skills necessary to paddle solo.

#### Location

Solo: Will be assessed as part of a flat water journey of about 2 hour (6km) duration.

#### Prerequisites

There are no prerequisites for the Level 2 Canoe Award.

#### TECHNICAL STANDARDS

##### Lifting, carrying and launching

1. The candidate(s) should demonstrate safe lifting and carrying principles using legs rather than the back. The paddle(s) must remain within easy reach or can be used to assist embarking. Correct approach to waterway relative to gradient, current, and type of bank or shore. Control must be maintained whilst entering the water and the canoe must remain afloat.
2. Solo candidates should have assistance, and doubles candidates should demonstrate shared safe working together.

##### Efficient forward paddling

1. **Solo:** The candidate should paddle a distance of about 200m using an upright posture with evidence of trunk rotation, a good catch, and a feathered recovery. The candidate should be expected to paddle the canoe appropriately for the prevailing conditions and paddle with a reasonable degree of accuracy over a distance of 200m. Within this course, 50m should be travelled at a good speed, using predominantly a form of J-stroke (described under Tandem).
2. **Tandem:** Candidates to paddle a distance of about 200m, both candidates using an upright posture with evidence of trunk rotation, a good catch, and a feathered recovery. A reasonable degree of accuracy is needed with at least 100m paddled at a good cruising speed. The bow paddler should be balancing their power output to that of the stern candidate, while not contributing to the steering of the canoe. The stern paddler's steering can be achieved using a variety of strokes, but should predominantly be a form of J-stroke, the criteria for which should be a definite power phase, and a definite steering phase with the drive face of the paddle away from the canoe. Stroke length and canoe trim should be adjusted appropriate to the prevailing conditions.

##### Reverse paddling and stopping

1. **Solo:** The candidate should demonstrate controlled and reasonably accurate reverse paddling over a distance of 25m towards a point defined by the assessor. When reversing, the candidate must look over one shoulder, unwind the trunk to produce power and use a combination of reverse J strokes and compound reverse strokes. Back (non-drive) face of the paddle presented to the water on the 'inside'. When stopping, the canoe should be travelling at a good cruising speed and motion in the opposite direction should be evident within two boat lengths.
2. **Tandem:** When reversing, use backward strokes on each paddler's on-side only. The stern paddler should be balancing their power output to that of the bow paddler with a stroke close to the canoe. The bow paddler should also use a stroke close to the canoe that should finish with either a

steering reverse J-stroke or a reverse rudder.

### **Moving the canoe sideways**

From the appropriate position in the canoe the candidate(s) should be able to move the canoe sideways on the on-side for 5m without excessive swing.

### **Preventing a capsize**

Demonstrate an ability to tilt the canoe, and recover the canoe from that position using the knees or thighs. This requires that paddler(s) to have a constant grip of the canoe, either through their knees on the bottom of the canoe, and/or thighs against the gunwales. For the purpose of this exercise, tandem paddlers may change sides so that they both paddle on the same side of the canoe.

### **Ruddering**

The canoe to be paddled up to a good speed, then kept running in a straight line through a narrow gap by the use of a trailing paddle (stern paddler/solo paddler only steering).

### **Turning**

Demonstrate the ability to turn the canoe clockwise and anti-clockwise within 10m circles. Candidate(s) must NOT swap paddling sides.

**Solo:** Circle 1 using reverse sweeps. Circle 2 using outside pivot turns.

**Tandem:** Circle 1 should be paddled by combining draws at the bow and quarter sweeps at the stern. Circle 2 should be paddled by combining quarter sweeps at the bow and a J-stroke with a heavy steering component at the stern.

### **Disembarking**

Correct approach to the bank. Candidates(s) must demonstrate maintained balance and control of the boat. Exit without damaging the canoe or the bank.

### **Securing**

The candidate(s) must understand the concept of securing boats at the end of the session, either by tying down or putting onto purpose-made racks. Secure the canoe to the bank using the painters or lines with a secure knot.

### **Progression**

Show sufficient beginnings of:

### **Linked paddle movement**

Candidate(s) must demonstrate a simple linked paddle movement e.g. simple sculling or a draw into a power stroke.

### **Off-side draws**

Without changing hand position, take the paddle from the paddling side (on-side) to the other, non-paddling side (off-side) and explore moving the canoe sideways towards the off-side with draw strokes. This should involve considerable trunk rotation and possibly a similar (albeit smaller) alteration to the kneeling position.

### **Simple pry strokes**

The paddle is placed deep in the water, tight against the hull with its drive face to the canoe. The top hand then pulls inward levering against the gunwale, resulting in a sideways movement away from the paddle side. The blade is rotated so that the drive face is towards the stern, and sliced back in to repeat the stroke.

## **SAFETY STANDARDS**

### **Jump out and climb in**

1. In deep water jump out while retaining contact with the canoe, and then climb back into the

canoe. Tandem paddlers (both in the water) may assist each other.

2. Solo paddlers may have assistance from a second person who is also in the water.

## **Show water confidence as applicable to venue and weather**

### **Capsize, retain equipment / assisted re-entry**

1. Capsize and release spray deck - the candidate should remain calm and quickly regain and maintain contact with the canoe.
2. The paddle should be retained, or collected by swimming the canoe to the paddle.
3. Swim not more than 10 metres and empty the canoe on the shore.
4. Help can be asked for, so long as the candidate remains in charge of emptying.

### **Deep water rescue**

1. Take part in a deep water rescue without assistance.

### **Equipment standard**

Basic boat and single blade paddle(s).

### **Personal Protective Equipment**

Candidates must wear a buoyancy aid and appropriate gear for situation and weather, which may include but is not limited to: helmet, and footwear.

## CANOE (SOLO OR TANDEM) - LEVEL 3 - BLUE PADDLE

### Aim

Successful performance at this level indicates a candidate's competence to cope with most open water conditions in moderate conditions of winds of Force 2 - 3.

### Location

Skill & techniques should be performed in open water with winds not above Force 2 and/or in a Grade 1 River environment, Candidates should be able to navigate in up to Force 3 winds and/or Grade 2.

### Prerequisites

The candidate is expected to perform all paddle skills on both sides. The test is undertaken solo and/or as part of a tandem crew. If the test is done as part of a tandem crew each candidate needs to demonstrate the ability to operate at both bow and stern and also an ability to manoeuvre a solo canoe.

Candidates must have passed the EPP Level 2 Canoe Award (or equivalent).

Provide evidence of at least 3 journeys of about 3 hours duration (10km) each with at least 1 of these in an open water environment.

## TECHNICAL STANDARDS

### Lifting, carrying & launching

Demonstrate, with assistance, good lifting and carrying techniques appropriate to getting a canoe from or to a car roof rack or a canoe trailer. Solo candidates must have assistance with lifting and carrying. The candidate should be able to launch safely and efficiently from any reasonable launching spot e.g. pier, steps and high river bank.

### Efficient forward paddling, with effective trim.

The candidate should be able to demonstrate a fluent and adaptive forward paddling technique throughout the assessment.

### Trimming of Canoe

Candidates should be able to demonstrate an ability to set the trim of the canoe to make all manoeuvres as efficient as possible. They should demonstrate a knowledge of the importance of trim in a variety of environmental conditions in the craft chosen. Appropriate trim to the prevailing conditions must be in evidence throughout the assessment.

The assessment should include travel in a number of directions relative to the wind in order for the candidate to demonstrate this understanding. A triangular course would fulfil this role but need not be performed as a separate task if appropriate travel has been incorporated elsewhere in the assessment. The candidate(s) can use either themselves or any load carried to set the most appropriate trim.

**Acceleration** – The candidate should demonstrate the ability to accelerate the canoe from both a stationary position and whilst on the move within 3 - 4 strokes. A vertical paddle shaft should be in evident, as should a short dynamic corrective phase.

**Cruising** - Stern (or solo) paddler should demonstrate a fluent and rhythmic forward paddling stroke that will predominantly be from the J-stroke family. This can be adapted to deal with the appropriate prevailing conditions. The demonstration will be over a distance of about 500 m (throughout the test) and will show good speed and control.

### Efficient reverse paddling

The candidate should be able to demonstrate a fluent and adaptive reverse paddling technique throughout the assessment.

**Stopping and Acceleration** – The candidate should demonstrate the ability to stop the canoe and then accelerate in reverse within 1 - 2 boat lengths.



## **Control over a distance of 25-50 meters should be demonstrated**

This should be done using a combination of reverse J strokes and compound reverse strokes. The boat should maintain a reasonable cruising speed throughout.

## **Turns whilst on the move**

The following moves must be performed on both the on and off sides of the boat, demonstrating a variety of strokes, techniques, trim and edge whilst also utilising the available environmental conditions.

### **Tight turns**

The candidate must demonstrate a tight turn around a point and accelerate after the turn.

### **Open turns**

The candidate must demonstrate a more open turn where the momentum is maintained throughout the arc, with minimum loss of forward speed.

## **Moving sideways, both static and on the move**

The candidates should move the canoe sideways both toward and away from the paddle. The criteria for this movement will be a balanced application of the stroke and canoe trim by the candidate(s) to avoid lateral wobble or yawing. From stationery, the canoe should be moved sideways for 10 m. in each direction. From a good cruising speed the candidate(s) should be able to sideslip at least a canoe's width in each direction to avoid an obstacle and maintain forward speed.

## **Support/Bracing:**

Candidate should be able to support an unbalanced canoe on one side with the canoe capsizing to each side.

## **Securing**

Secure the canoe to the bank, pier, trailer, canoe rack or roof rack appropriately using a rope or straps.

## **SAFETY STANDARDS**

### **Deep water rescue**

Candidates must demonstrate an effective rescue of another canoeist, returning him or her to their canoe in deep water. The capsized paddler may assist as instructed by the candidate. Candidates must be both rescuer and rescuee.

### **Towing and use of tow line**

Candidate to show knowledge of a way to tow a canoe both with and without a line, without assistance. The tow must be released as for an emergency. The candidate must indicate that he or she is aware of the inherent dangers of towing.

## **Candidate to show water confidence as applicable to venue and weather.**

## **Additional skill set for paddling in particular geographical areas**

These skill sets are additional awards directed towards paddlers venturing into specific areas, where the basic EPP protocol is insufficient to the skills needed.

### **Level 3 moving water skill set**

The moving water skill set is an award that enables participants to paddle safely and competently in conditions that may occur in areas where lakes are combined through rapids. The rapid can have a maximum of grade 2. The assessment covers rapid planning as well as the technical skills and rescue skills that are needed to paddle this environment.

### **Level 3 open water skill set**

The open water skill set is an award that enables participants to paddle safely and competently in conditions that may occur in areas with costal line. The sea state can be up to sea state 2. The assessment covers route planning as well as the technical skills and rescue skills that are needed to paddle this environment.

## **EQUIPMENT STANDARDS**

All equipment should be both suitable and serviceable, and borrowed equipment will be judged as

though it is the candidate's own. Where equipment is found wanting then the candidate should not be assessed. If the open water work and/or river work are tested on different days, full equipment should be presented on both occasions.

### **Canoe and paddle**

The canoe should be fitted with a minimum of 6.5 kg (60N) securely fixed buoyancy. Where painters are used they must be stowed in such a manner that they do not create a risk of entanglement.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

### **Buoyancy aid and helmet**

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation. Helmets are not compulsory but must be carried and worn if required.

### **Simple First Aid kit and repair kit**

The First Aid kit should be appropriate to the level of First Aid knowledge required under the theory section. The repair kit should be appropriate to the type of canoe and ancillary equipment used.

### **Spare clothing**

Adequate spare clothing should be carried. The clothing should be applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia.

### **Packed lunch**

A packed lunch and equipment for providing a hot drink (may be a vacuum flask) should be carried.

### **Emergency equipment for personal use**

This should include: emergency food; whistle; exposure (bivvy) bag of minimum size 1.8m by 0.9m (6' by 3'); torch; matches or lighter.

### **Waterproof kit bag(s)**

Spare equipment must be stored in appropriately secured, waterproof kit bag(s) and must remain dry even after a capsized.

### **Throwbag, Sling, Karabiner and an appropriate knife**

## **KNOWLEDGE STANDARDS**

### **Navigation:**

Candidates should be able to demonstrate an ability to orientate a map identifying current location and also start and end point of the journey.

### **Weather:**

Candidates should be able to obtain and interpret a weather forecast for the location the candidate will canoe in.

### **Access & the Environment:**

Candidate should have knowledge of National land/water access regulations.

Candidate should show an awareness of Leave No Trace Principles or environmental best practice.

**[updated march 2018]**

## CANOE (SOLO OR TANDEM) - LEVEL 4 - RED PADDLE

### Aim

The test is designed to indicate that the candidate has sufficient proficiency to undertake a journey as an effective member of a self contained group on Grade II water and on open water with winds up to Force 3. This award can be taken as a solo paddler or a member of a tandem crew. If the test is undertaken as part of a tandem crew then each candidate needs to demonstrate the ability to operate at both bow and stern.

### Location

The candidate should satisfy the assessor that he or she is competent to handle the canoe safely as an effective member of a self contained group on a day trip down Grade II water. The test should also include operating in winds up to Force 3. If necessary the open water work and the river work may be assessed on different days. In the absence of appropriate conditions the assessor should be satisfied about the candidate's ability to cope.

### Equipment

Basic boat and single blade paddle(s).

### Prerequisites

EPP Level 3 Canoe Award (or equivalent). Where a candidate does not hold this award a small cross-section of Level 3 techniques should be incorporated at the assessor's discretion.

Candidates should provide evidence of at least 10 days of paddling in the appropriate environments. At least 2 different lakes and 3 different rivers containing Grade II sections must be included. Different sections of a river may be counted as different rivers as long as there is no overlap.

At least one overnight camp or bivvy must have been made as part of a qualifying journey.

## TECHNICAL STANDARDS

### Forward Paddling

The candidate should be able to demonstrate a polished, fluent and adaptive forward paddling technique throughout the assessment. This should allow them to accelerate, cruise at a steady speed and carry speed through their turns.

### Open Water

Paddle effectively up, down and across a Force 3 wind.

### On Grade II Water

#### Checking, setting and reverse ferry gliding

Checking involves slowing the descent of the canoe in anticipation of avoiding an obstacle, going for an eddy manoeuvre or else getting off the water. Setting is the initiation of a reverse ferry glide, and involves putting the appropriate ferrying angle on to go in the direction desired.

Checking, setting and reverse ferry gliding should be used to alter the boat's position on the river with a view to selecting a suitable line down a rapid and for avoiding obstacles. The candidate's demonstration should also include the safe negotiation of bends where the main current sets under trees.

Setting into eddies is achieved from facing downstream and by reverse ferry gliding into the eddy.

Whilst demonstrating reverse ferry gliding, it is not envisaged that the candidate need enter and leave the main current, but rather that they should be able to perform the manoeuvres whilst in the main current.

#### Eddy manoeuvres both into and out of the current

These manoeuvres will be achieved by resolving such factors as speed of current, size of eddy, tilt, trim and the desired position in the river after the manoeuvre. Initial positioning and the angle of the boat

allied to the correct degree of tilt and trim should be evident and appropriate for the particular eddy.

### **Upstream (forward) ferry gliding**

The candidate should aim to cross a consistent and moderate Grade II flow with an effective ferry glide. The canoe should stay within the candidate's control at all times and there should be minimal loss of height throughout the manoeuvre.

### **Lining**

Demonstrate lining. The line should be appropriate for the task, ie floating, long enough (15m) knot free and comfortable to operate.

### **Poling**

The candidates should be able to demonstrate poling with the current. The candidate should have an effective stance and a dynamic poling action.

## **SAFETY STANDARDS**

### **Safe paddling**

Candidates should display appropriate risk assessment, group management, judgement and safe paddling techniques. Candidate must show awareness of the dangers and problems associated with paddling on moving water, and the position which should be adopted if swimming in fast moving water.

### **Rescue and tow**

The candidate is to demonstrate a suitable towing system over a distance of 50m. The system must be quickly and securely attached, and be capable of quick release.

### **Deep water rescue**

Demonstrate a method of recovering a capsized paddler into a canoe. The rescue should be performed in deep water and should be followed by a rescue of the paddler's capsized canoe. The whole manoeuvre should be performed without assistance.

### **Moving water rescues**

The candidate should perform the following in appropriate safe environments:

1. Self Rescue.
2. An appropriate self rescue at the bottom of a rapid using swim lines.
3. Throwline rescue.
4. Throwing a throw line to rescue a swimmer descending a rapid.
5. Boat based recovery of person and equipment.
6. The candidate, when shown a suitable rock or bridge, should be able to explain how to undertake a rescue if a canoe were jammed against it. Basic principles only should be described.
7. The candidate should be able to explain how to deal with multiple swimmers on moving water.
8. Show a good understanding of immersion hypothermia, its causes and symptoms. Be able to deal with basic First Aid incidents - e.g. a cut forehead or hand - or hold a First Aid certificate.

### **Appropriate lifting and carrying techniques**

The candidate should demonstrate appropriate lifting and carrying techniques throughout the assessment.

## **Group control and communication**

Candidates will be required to show they are organised on the water and have the experience and judgment required to safely lead groups on Grade II water. Show experience in identifying hazards and in picking suitable lines for different designs of craft e.g. white water and touring boats.

1. Candidates should demonstrate effective group control.
2. Each candidate will facilitate effective communications within a group.
3. Candidate should be able to show an understanding of what is involved in planning a trip down a river such as access and egress, equipment requirements, significance of a weather forecast, shuttle procedures, lunch stops, contingency plans.
4. The candidate should be able to use appropriate maps, compass and guidebooks. Candidate should show ability to align a map, work out the distance between two points, and identify any particular features which would indicate position, comprehend compass 'variation', and have an understanding of how to use a transit when paddling on open water.

## CANOE (SOLO OR TANDEM) - LEVEL 5 - BLACK PADDLE

### Aim

Attainment of this test indicates that the candidate has entered the top level of performance, involving leadership in advanced situations, and high personal skills. It is a leadership award and the appropriate test for candidates who wish to lead groups of other paddlers on advanced river journeys and on remote, exposed open waters. A candidate(s) will be required to:

Demonstrate the necessary skills for competency in Grade IV and advanced white water.

Demonstrate group awareness, group management and leadership skills to canoe safely and proficiently with peers on rivers of Grade IV & advanced white water.

Deal competently with rescue situations which might occur on rivers up to and including rivers of Grade IV & advanced white water difficulty.

Deal competently with First Aid situations in the river environment.

### Equipment

The candidate's personal and group kit will be evaluated in accordance with the EPP Level 4 Canoe Award.

### Prerequisites

**Prior Training:** Due to the nature of this test and its remit for leadership it is necessary that candidates should have three days logged experience of formal training in leadership, safety and rescue and have completed a training course prior to assessment. The candidate must already hold an equivalent or the EPP Level 4 Canoe Award.

**First Aid Award:** The candidate must hold an appropriate First Aid award. Any of the recognised standard First Aid certificates, or those approved by the country of origin.

**Prior experience:** The candidate must provide documentary evidence of a range of river trips, approximately 40 advanced days in a range of river/open water locations. Documentation must show experience of low/medium volume rivers as well as technical and steep rivers and should include experience on Grade IV rivers. Such experience must have been gained over a minimum of three years white water paddling, showing a bias towards 'wild rivers'. Wholly artificial courses and weirs would not count towards this evidence.

### Assessment

Candidates for the EPP Level 5 Open Canoe Award must satisfy the assessors that they have the experience, judgment and competence necessary to lead groups of experienced paddlers on journeys on Grade IV rivers and on exposed open waters. Candidates must have the personal skill and ability to perform confidently and in control on Grade IV water.

The evaluation of the award will normally take place over two days on a Grade IV river and on open water with long fetches (5km and over) in remote locations, with winds up to Force 5. Ideally the assessment will also include an overnight camp.

Candidates should realise that the appropriate water cannot be guaranteed. In the event of such conditions not being present, assessment decisions may have to be deferred until a later date when acceptable conditions are available.

The evaluation of the award will consist of five elements: equipment; theory; leadership skills and awareness; personal skills; journeying and camping.

## TECHNICAL STANDARDS

### Personal Paddling Skills

A candidate should be able to demonstrate a high level of ability and understanding of the strokes and techniques necessary to handle a canoe, both on white water and on exposed open water. The

candidate's performance should be smooth, controlled and consistent, relying on technique rather than on physical strength.

### **Launching and landing**

The candidate should demonstrate an ability to launch and land from difficult terrain and in a variety of conditions. On open water, the assessors should satisfy themselves that the candidate can negotiate waves caused by winds up to Force 5 on open water with a large fetch.

### **Manoeuvring and control**

The candidate should demonstrate an ability to manoeuvre and control a canoe in a variety of situations and conditions, with a wide repertoire of skills, both on white water and on open water.

Moving water skills should include a solid performance of all the Level 4 moving water skills.

Consistent display of Level 3 moving water skills (break in and out; forward and reverse ferry glide; crossing stoppers forward and reverse) performed in a solid, confident manner.

The candidate must demonstrate the ability to adapt a stroke during its execution in response to the external forces involved, exhibiting anticipation and control rather than just a reaction to events.

Additional skills to be demonstrated include: crossing the current by using waves (surfing confidently), supporting in stoppers - entering both forward and reverse, rolling reliably on both sides in white water conditions, using waves to turn.

### **River running skills**

The candidate should exhibit a clear river running strategy for successfully descending difficult rapids. Descents should display and use controlled, effective manoeuvres incorporating a range of canoe control skills and techniques.

### **Theory**

The candidate must be knowledgeable on a wide-range of topics, sufficient to support the candidate's claim to be at the highest level of the sport. The range of topics should include:

- Boat design and its relevance to white water and open water paddling.
- Equipment for use on advanced rivers and exposed open waters.
- River Grading.
- Access.
- Leadership and organisational problems.
- Environmental and conservation issues.

### **Leadership & Safety**

#### **Group control and communication**

Candidates will be required to show they are organised on the water and have the experience and judgment required to safely lead similarly experienced groups on Grade III-IV water.

They will be required to show experience in identifying hazards and in picking suitable lines for different designs of canoe: e.g. long and short boats.

Each candidate will need to demonstrate a system of signals both visual and audible which will enable effective communication with a group.

#### **Safety awareness**

Each candidate must demonstrate sound judgment of the elements of risk and an awareness of what constitutes safe paddling.

The candidate must demonstrate effective communication and interpersonal skills, displaying the ability to create the right atmosphere within the group so that honest decisions can be made as to whether to

run or portage difficult rapids.

## Equipment

Candidates must present with suitable personal equipment, plus any additional equipment deemed to be appropriate to support a group in their charge.

Equipment should reflect such things as the season, the ability of their companions and the difficulty of the waters to be paddled.

Borrowed equipment will be assessed as if it were the candidate's own.

The candidate should be aware that on the level of water being paddled, having too much equipment could be nearly as hazardous as having too little.

## Rescues

Each candidate must be conversant with a range of rescue techniques and must be able to demonstrate their efficient use in a variety of protection and rescue incidents.

Candidates should demonstrate proper use of a throw bag, dealing with an entrapped boat, safe use of the chest harness (if used by the candidate) and the rescue of entrapped swimmers.

Candidates must show an appreciation of river evacuation procedures.

Each candidate must be able to satisfy the assessors that they would be able effectively, and without further risk to the party and themselves, organise the retrieval of any retrievable equipment, which may have been lost as a result of an emergency.

## Expedition Skills

### Camping

The inclusion of an overnight camp during the assessment is preferred. The candidate must be able to provide evidence of several multi-day trips and the assessors will satisfy themselves of the candidate's ability with regard to:

- Choice and location of campsites.
- Camp environmental issues.
- Packing the canoe.
- Cooking.

### Navigation

Demonstrate an ability to navigate on open water in adverse conditions.

### Sailing

The candidate should be able to safely lead a group in the construction and use of improvised sailing rigs.



## STAND UP PADDLE BOARD - SUP

### STAND UP PADDLE BOARD - SUP - LEVEL 1 - YELLOW PADDLE

#### **Aim**

A motivational introductory level with basic skills sampling. The level itself must be seen as a motivating factor for fun experiences and basic management of the SUP board as well as safety of the water, including taking into account equipment, nature and the environment as part of a group being led.

#### **Location**

Very sheltered flat water // Highly protected water, coastal, calm water.

#### **Pre - requisites**

None

#### **TECHNICAL STANDARDS**

##### **Appropriate board carry techniques**

The participant must be able to demonstrate a good and safe lifting and carrying technique using legs rather than back. Assistance is recommended. Consider the fixed fins on the board (recommend carrying the fins in front).

##### **Entry or exit beach / dock / pier / beach**

The paddle must be within reach.

Understanding of the 3m : 1m guideline for beginners. (Before standing the participant should be 3 meters from shore and have 1 meter of depth under the board)

##### **Balance & Trim**

Introduction to balance, position on the board.

Foot placement: Parallel and Surfer stance.

##### **Paddling technique**

Forward paddling 50 meters using paddle (Standing) and hands (on knees or belly).

##### **Turning the Board 360 degrees whilst static**

Using sweep stroke both forward and reverse.

Using extended sweep (cross draw to forward sweep).

Both methods should be demonstrated on both sides.

##### **Emergency stops**

Making the board stop from traveling forward using reverse strokes

##### **Reverse paddling**

The SUP should travel a distance of 1 board length.

Checking behind you / looking over your shoulder. Changing of paddle from side to side is allowed.

##### **Turning on the Move**

The candidate should demonstrate an ability to turn the board whilst moving. Utilising Sweep strokes.

##### **Support**

The candidate should understand the basic use of the paddle for support and balance.

## **SAFETY STANDARDS**

Assist in basic rescue. Righting and re-mounting a flipped board.  
Use of leash when appropriate (Locations, Conditions, Hazards etc)

## **EQUIPMENT STANDARDS**

SUP set up  
Paddle length  
PFD according to the national regulations, and / or leash if appropriate  
Personal clothing

## **STAND UP PADDLE BOARD - SUP - LEVEL 2 - GREEN PADDLE**

### **Aim**

For the candidate to be a competent paddler on a SUP in a peer group paddling on inland or coastal waters in no more than Beaufort force 2 on the water conditions.

### **Location**

Inland or Coastal waters (River, Lake, Canal or Sea/Tidal). Flat water, Beaufort force 2 wind condition. Rivers should be under whitewater grade but may be flowing.

### **Pre - requisites**

The candidates should have passed the EPP level 1 (or equivalent), and have water confidence.

## **TECHNICAL STANDARDS**

Through all technical standards candidates should show a control of the board with an intermediate level of efficiency, balance, skill and knowledge.

### **Appropriate board carry techniques**

The participant must be able to demonstrate a good and safe lifting and carrying technique using legs rather than back. Assistance is recommended. Consider the fixed fins on the board (recommend carrying the fins in front).

### **Entry exit beach / dock / pier / beach /deep water**

The paddle must be within reach.

Understanding of the 3m : 1m guideline for beginners. (Before Standing the participant should be 3 meters from shore and have 1 meter of depth under the board)

The candidate should be comfortable entering the water and mounting the board from deep water.

### **Balance & Trim**

The candidate should be able to demonstrate a good level of balance on the board (Movement from front to back of board)

Foot placement/movement, the candidate should be able to change between stances Parallel, Surfer, T-Tow (Feet at right angle) stance

### **Paddling technique**

Forward paddling 200m with little deviation from a straight line, changing sides is allowed and the candidate should show a good understanding/utilisation of the main elements of the forward stroke e.g. Reach (Rotation & Hinging), Catch, Power, Release, Recovery.

The candidate should be able to paddle 50m on one side using a Canted (Pitched) forward stroke utilising blade angle through the power portion of the forward stroke or using a C-stroke (Bow draw into forward stroke and recovery).

## **Turning the Board 360 degrees whilst Static and 180 degrees on the Move**

The candidate should be able to demonstrate a turn of the board in both directions using a variety of strokes whilst utilising board trim, foot placement and balance.

The candidate should demonstrate a balanced pivot turn.

Strokes should include Sweep (Forward or Reverse), Draw (Bow or Cross bow), Extended sweep.

## **Emergency stops**

Making the board stop from travelling forward using reverse strokes. The board should stop from average speed in one board length, some turning is allowed.

## **Reverse paddling**

The SUP should travel a distance of 2 board lengths.

Checking behind you / looking over your shoulder. Changing of paddle from side to side is allowed. The candidate should use a functional stroke and the board must travel backwards (fin first).

## **Sideways:**

The candidate should be able to move the board sideways 3 metres using a draw stroke or a sculling draw.

## **Support**

The candidate should understand the use of the paddle for support and balance whilst moving and turning the board ie. the use of a low brace recovery whilst pivot turning.

## **SAFETY STANDARDS**

Self rescue: Board flip and re-mount in deep water

Rescue flip: Rescuing an incapacitated paddler and paddling with them on your board back to shore.

Towing of another board (Using leash or no leash)/improvised

## **EQUIPMENT STANDARDS**

SUP set up

Paddle Length

PFD according to the national regulations, and / or leash if appropriate

(Types: Coiled, Surf, Ankle, Calf, Waist)

Personal clothing

# **STAND UP PADDLE BOARD - SUP - LEVEL 3 - BASIC - BLUE PADDLE**

[October 2022]

## **Aim**

Stand Up Paddle safely on moderate water as a member of a group of peers. Be capable of negotiating difficulties encountered, assist in rescues and foster further participation in Stand Up Paddling.

Successful performance at this level indicates that the candidate can consider themselves as intermediate Stand Up Paddler rather than beginners. Half day journeys of 3 hours with small pauses are common.

## **Location**

Moderate waters like calm rivers (no obstacles in the river), lakes and sea with up to 20 cm waves.

## **Equipment**

Stand Up Paddle board. A touring- or allround board is preferred suitable for the location.

## **Prerequisites**

Candidates must have passed the EPP Level 2 SUP (or equivalent).

\* have participated on 3 session.

## **TECHNICAL FRAMEWORK**

### **Appropriate lifting and carrying techniques**

Demonstrate appropriate lifting and carrying techniques throughout the assessment (fin in the front).  
Can securely tie the board on a car roof or trailer.

### **Launching and landing**

Looking for a safe spot. Safe launching technique considering the risks which are present. Leaving no traces at the spot.

### **Balance and stance**

Knowing different stance positions (e.g. basic-, surf-, V-toe- and T-toe stance) and can apply them.

Can in tricky situations stabilise the board with altering body heights, a brace and/or sculling.

Knowing the technique of "recovery bracing" (during a "pivot turn").

### **Paddle lying and kneeling**

The candidate should be able to adapt to environmental conditions like wind, waves and shallow water etc and is able to navigate the board on the knees or even lying on the board without the paddle.

### **Efficient paddling technique**

Knowing the different phases of the "forward stroke" and knowing how to fluently apply them on moderate water on a touring board, ergonomically and with body rotation. Can paddle at least 200 m with the paddle on one side ("canted forward stroke", "draw stroke", "C-stroke") straight to a target. The paddle strokes are adapted to the situation (e.g. waves and wind). Can paddle at least 10 m straight backwards.

### **Turning the board 360 degrees**

Can efficiently turn the board 360° clockwise and counterclockwise using crossbow or pivot turn. Can paddle a figure-8 precisely and efficiently.

### **Emergency stops**

Can stop the board as in EPP level 2, but with more efficiency.

### **Drawing**

Can move the board sideways without the bow or stern turning in the direction of the movement. The following techniques are used: "Draw Stroke", "Sculling".

### **Attention**

The candidate must show experience and judgement to act reliably as a group member in moderate conditions.

Are able to choose appropriate routes, e.g. to safely avoid rocks, - demonstrate good group etiquette,

namely staying together in the group while giving each participant sufficient space.

The candidate should be able to identify possible hazards and know how to avoid them.

Understands the importance of what is going on around the candidate and the others.

## **Planning**

The candidate should show knowledge about the chosen location and know which planning principles should be used. Should be able to understand the planning.

Have some knowledge of the federal waterway laws/regulation, like basic knowledge of buoyage, waterway signs.

The candidate should be able to calculate distance and/or paddling time.

The candidate should be able to plan the activity with excess.

Knowledge of planning basics, e.g. river guides and suitable maps or apps.

The candidate should know how to make a backup plan with different options.

Should know how to plan take-outs.

## **Weather- and water conditions**

The candidate should know about the main signs and symptoms of hypothermia and hyperthermia, and know how to avoid and handle it.

Has knowledge of the different sources of weather forecasts and water conditions and how to apply them to an activity.

## **Environment**

The candidate should be aware of paddling in a sensitive environment and share responsibility for the environment and living beings. It follows that the candidate should behave with care towards the local fauna and flora, their habitat and protection regulations. Rules of conduct must be known and followed.

## **Drafting**

Know the advantages of drafting and can use the side and tail wave to draft.

## **SAFETY STANDARDS**

### **Know risks**

Knowing of safety risks and acting accordingly. Paddle with excess and constantly adapt to changes, e.g. weather.

Know when to use a helmet.

Plan the activity according to the environment.

### **Self rescue**

The candidate must be comfortable with falling into deep water, and easily get back on the board without assistance. Can flip the board if needed.

### **Partner rescue**

The candidate is able, in deep water, to clearly guide and perform the rescue of a paddler who has fallen into the water and can only get back on their board with help.

## **EQUIPMENT STANDARDS**

The following items, which must be both suitable and serviceable, must be presented for inspection:

## **Board, paddle and leash**

Have an understanding of different boards with its advantages and disadvantages and is able to choose a board, leash (e.g. fixed or coiled, knee or ankle and quick release) and paddle (e.g. different compositions, fixed or adjustable, blade and shaft size), that suits the conditions and the candidate. Know the correct handling of both hard- and inflatable boards.

## **Personal clothing**

Choose paddling clothes to the current weather conditions and the planned activity, according to the principle "dress for water not for air".

## **Buoyancy aid**

Always wear a suitable PFD (personal floating device) that meets appropriate standards and know what to look for.

## **Emergency equipment for personal use**

As a group communication devices are available to reach out for help if needed (e.g. mobile phone).

# **STAND UP PADDLE - LEVEL 3 - TOURING/DISTANCE**

## **Aim**

The qualified candidate is able to participate as a competent paddler, self organised and/or as a group member, in day and/or multiple days trips in moderate conditions on inland waters (travelling rivers, streams and lakes) and sea.

## **Location**

Moderate waters like slow moving rivers, lakes and sea with a maximum of 20 cm waves.

## **Equipment**

The candidate can select, assemble and assess equipment to meet the requirements of a touring trip and to ensure safety for him/herself and the peer participants.

The candidate should bring a SUP board suitable for touring, and if necessary safety equipment for touring.

The SUP board, paddle and the clothing should be chosen in a way, that they are fit for purpose, and are visible on the water (bright colours).

## **Prerequisites**

Candidates must have passed the EPP Level 2 SUP (or equivalent).

## **TECHNICAL STANDARDS**

### **Efficiently and economically paddling**

The candidate is able to generate propulsion efficiently and economically on their board from a biomechanical point of view. Can apply efficient and fluid "forward stroke", upper body rotation and whole body engagement.

### **Drafting**

The candidate can paddle efficiently and economically in any position in the group.

Can use side and rear drafts, changing positions in the group.



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## **Group awareness**

Show appropriate group awareness, e.g. CLAP (communication, line of sight, avoidance, positioning), SAFE (stop, analyse, formulate, execute).

## **SAFETY STANDARD**

Can plan a tour with consideration according to where the activity is taking place (e.g. slow moving rivers, harbours, coast line, channels).

## **Assistance**

The candidate can e.g. use the leash or towline to carry a group member over a short distance or use the angle-grip (the person who needs assistance can hold onto the rescuers angle and keep the boards together).

## SEA KAYAK

### SEA KAYAK - LEVEL 3 - BLUE PADDLE

#### Aim

Kayak safely on the sea in up to force 3 conditions as a member of a group being lead. Be capable of negotiating difficulties encountered, assist in rescues and foster further participation in kayaking. Successful performance at this level indicates that candidates can consider themselves as intermediate sea kayakers rather than beginners.

#### Location

The Level 3 assessment should take place on open water Force 3, no overfalls, no tidal races. The journey/test should be held under moderate conditions (wind or sea state 2 - 4) ideally during a day trip. The assessor will make allowance if conditions are rough, but the kayak skills must be performed in a competent manner. For reasons of safety at least three kayaks will participate. The test will not be taken in a flat calm.

#### Equipment

Any suitable closed cockpit straight running boat or sit on top and double bladed paddle.

#### Prerequisites

Candidates must have passed the EPP Level 2 Kayak or Canoe (or equivalent) and have prior experience of 3 different journeys in Force 3 conditions. A journey should be a minimum of 5 NM.

### TECHNICAL STANDARDS

#### Launching

Candidates should demonstrate launching techniques appropriate for the conditions.

#### Efficient paddling technique, forwards and backwards

The assessor will look for:

- Correct dynamic seating position.
- Correct entry and exit of the blade.
- Ability to keep the boat straight.
- Sufficient power in the stroke to paddle against wind or current.
- Trunk rotation.
- Correct width of paddle grip.

#### Turning the kayak 360 degrees

The assessor will look for:

- Turning in both directions by using alternate forward and reverse sweep strokes.
- Paddle blade just covered, reaching out to full arm extension, elbow slightly bent.
- Paddle drawing well into the stern with the forward arm pushing across the body.
- Body turning to place the paddle in the water at the stern of the kayak.
- If the kayak is fitted with a rudder, it must be turned again in both directions, this time steering with the rudder only.

#### Emergency stops

Forwards and backwards stop. Reverse direction should be in evidence within 4 strokes.

#### Drawing the kayak sideways in both directions

Top arm high, blade deep. The kayak must keep a straight line sideways through the water in both directions.

#### High and low recovery strokes



To be performed on both sides. The candidate must be showing development that is safe and within the paddlers 'box'. Care should be taken to avoid possible shoulder injuries. The boat must be off balance. Shoulder protection /safety box. Candidates should preferably use low brace in the assessed conditions.

### **Paddle brace**

High and low brace performed on the left and right. Where wave conditions are not suitable the candidate must paddle hard forwards then glide with the blade flat on the surface at right angles to the kayak. For a high brace, the water must reach the candidates waist at the onset of the stroke.

### **Stern Rudder**

The paddle blade should be placed in the water upright, well back to the stern. Candidates should be able to keep the kayak running straight, downwind, on small waves, with the paddle kept on one side of the boat.

### **Landing**

Bring the kayak into a beach forwards, sideways and backwards (forwards only if the kayak is fitted with rudder). This is controlled, not a 'surf' landing. Holding position in order to allow for the waves.

### **Handling waves**

Demonstrate an ability to paddle into a head sea, with a following sea and in a beam sea.

### **Negotiate moderate surf**

Demonstrate an ability launch and land in moderate surf (maximum 1m/3ft) in order to safely commence a journey or achieve a landing.

## **SAFETY STANDARDS**

### **Capsize and rescue**

The candidate will perform a confident capsize drill, followed by a deep water rescue with partners. Take charge of a rescue and then act as a capsized victim. The capsize must be 'accidental' with spray deck in place - either while paddling or in an attempted recovery stroke or sculling for support.

### **Rolling**

Where the kayak is of appropriate design the candidate should be able to demonstrate a roll in the test conditions required. If the boat is not an appropriate design, the candidate should perform self rescue. It is permissible to allow the candidate to set themselves up before capsizing. A roll on one side only is required.

### **Rescues and carries**

The candidate should demonstrate knowledge of boat based rescue as a rescuer and should be able to assist peers in a rescue situation.

### **Knots**

Tie the following knots, demonstrate and explain their uses:

- Bowline
- Figure of eight
- Round turn and two half hitches
- Clove hitch

### **Map Reading / Navigation**

The candidate should be able to indicate places on a map, identify tidal features on a chart and demonstrate accurate use of a compass / follow a compass bearing.

## **EQUIPMENT STANDARDS**

The following items, which must be both suitable and serviceable, must be presented for inspection:

### **Kayak and paddle**

The kayak must be fitted with total buoyancy (fx watertight compartments/airbags). Kayaks must be provided with end grabs suitable for carrying out rescues without trapping the hand. Safety lines and/or painters (if fitted) must be taut and not capable of becoming loose accidentally, or fouling the cockpit area. Fitted buoyancy must be securely fixed and fill all available space apart from cockpit in suitably customized 'general purpose' kayaks. Sealed bulkheads are regarded as sufficient in themselves for sea kayaks.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof outer garments.

### **Buoyancy aid, appropriate headgear and spray deck**

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted; in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation. Helmets are recommended for work close to rocks as are woolly or other hat when conditions require. The spray deck must be fitted with an efficient release strap.

### **Simple First Aid kit and repair kit**

The First Aid kit should be appropriate to the level of First Aid knowledge required under the Theory section. The repair kit should be appropriate to the type of kayak used.

### **Spare clothing**

Adequate spare clothing should be carried. The clothing should be applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia and/or hyperthermia.

### **Packed lunch**

A packed lunch and equipment for providing a hot drink (may be a vacuum flask) should be carried.

### **Emergency equipment for personal use**

This should include: simple compass; emergency food; whistle; exposure (bivvy) bag of minimum size 1.8m x 0.9m (6' by 3'); torch; matches or lighter; flares or other suitable means of pinpointing position if in the water; simple First Aid kit

### **Waterproof kit bag(s)**

Spare equipment must be stored in appropriately secured, waterproof kit carriers and must remain dry even after a capsize.

**[updated june 2018]**

## SEA KAYAK - LEVEL 4 - RED PADDLE

### Aim

The EPP Level 4 Sea Kayak Award aims to enable participants to; kayak safely and competently on the sea up to and including Beaufort Force 4 and or Douglas Seastate 4 (WMO - World Meteorological Organization - Sea State Code 4) conditions. Be capable of negotiating obstacles likely to be encountered in such conditions. Deal competently with rescue situations that might occur in these conditions. Show group awareness as a member of peer group.

### Location

The Level 4 assessment should take place in Beaufort force 4 and or Douglas sea state 4 conditions. The assessment should take place on a journey of at least 5 NM (approximate travelling time of 4 hours). The journey should include an open water crossing and should comply with national maritime regulations.

### Prerequisites

Candidates must have passed the EPP Level 3 Sea Kayak Test (or equivalent) and have prior experience on 3 different journeys in Beaufort force 4 and or Douglas sea state 4. Each journey should be at least 5 NM long.

### TECHNICAL STANDARDS

All sea kayak personal skills, theory, equipment and safety standards assessed within Level 3 will be assessed within the Level 4 at Level 4 criteria.

Candidate should show understanding of pivoting points in a variety of strokes and conditions.

### Launching

Candidates should demonstrate launching techniques appropriate for the conditions

### Efficient paddling technique

Candidates should demonstrate efficient forwards and backwards paddle strokes. The assessor will look for:

- Correct dynamic seating position
- Correct entry and exit of the blade.
- Ability to keep the boat on course.
- Sufficient power in the stroke to paddle against wind or current.
- Trunk rotation.

### Turning the kayak 360 degrees

Candidate should turn in both directions by using alternate forward and reverse sweep strokes. The assessor will look for:

- Adequate edging skills
- Paddle blade just covered.
- Reaching out to full arm extension.
- Elbow slightly bent.
- Trunk rotation

Paddle drawing well from bow to stern with the forward arm pushing across the body.

Body turning backwards to place the paddle in the water at the stern of the kayak.

### Emergency stops

Candidate will demonstrate both forwards and backwards stops. Reverse direction should be in evidence within 4 strokes.

## **Drawing the kayak sideways in both directions**

Top arm high, blade deep. The boat must keep a straight line sideways through the water in both directions

## **High and low recovery strokes static and on the move**

To be performed on both sides. For high braces the water must reach the candidate's waist, with a strong pull and associated hip flick to recover. Shoulder protection /safety box. Candidate should preferably use low brace in the assessed conditions.

## **High and low support stroke (sculling skills)**

To be performed on both sides.

## **Stern Rudder**

The paddle blade should be placed in the water upright, well back to the stern. Candidate should be able to keep the kayak running straight, downwind on small waves, with the paddle kept on one side of the boat.

## **Bow rudder**

The intention is to indicate that the kayak can be pivoted around the paddle. The turn is to be induced by applying a sweep stroke on the opposite side to the turn. The blade should then be planted in the water at a comfortable distance from the gunwale, about level with the knees, with the drive face towards the boat but the leading edge angled away from the bow. Trunk rotation should be in evidence, the top arm across the top of the forehead. The boat is driven around the paddle by use of the opposite knee.

## **Landing**

Candidate must be able to bring the kayak into a beach forwards, sideways and backwards (forwards only if kayak is fitted with rudder). This is controlled, not a 'surf' landing. Holding position in order to allow for the waves.

## **Handling waves**

Demonstrate an ability to paddle into a head sea, with a following sea and in a beam sea.

## **Negotiate intermediate surf**

Demonstrate an ability to launch and land in intermediate surf (above 1m/3ft) in order to safely commence a journey or achieve a landing.

## **SAFETY STANDARDS**

### **Rolling**

Candidates should be able to demonstrate a full 360-degree roll, both sides, in the conditions required for the test. No set-up.

### **Hypo- or hyper-thermia/first aid**

Show a good understanding of hypothermia & hyper-thermia, its causes and symptoms. Be able to deal with basic first aid. It is recommended that candidates should hold an updated first aid certificate.

### **Rescue and towing on the sea**

Candidate should be able to perform a self rescue and rescue a capsized kayaker by a variety of methods. The candidate should also have a towing system and be aware of the need for flexibility and be able to drop and pick up the tow with ease. They should demonstrate single and multiple tows.

### **Planning**

Show an understanding of what is involved in planning a trip on the sea, such as access and egress, equipment requirements, significance of a weather forecast, tidal information, lunch stops and contingency plans.

Show an awareness of hazards facing paddlers venturing in different seas. This may involve tidal conditions, ice, challenging coastlines, unexpected and violent winds, currents and dumping waves.

#### Navigation skills

Candidate should be able to understand the difference between nautical chart and land maps and make the best use of both, work out a course, estimate a distance and paddling time between two points taking into account currents, drift or leeway, and identify any particular feature, which would indicate position. Candidate should show active use of transits and use of compass in open crossing navigation.

Candidates should be able to read a map, work out course, distance and estimated paddling time between two points taking into account currents, drift or leeway, and identify any particular feature, which would indicate position. Candidate should show active use of transits and use of compass in open crossing navigation.

#### Knots

Tie the following knots, demonstrate and explain their uses:

- Bowline.
- Figure of eight.
- Round turn and two half hitches.
- Clove hitch.

#### **Additional skill set for paddling in particular geographical areas**

These skill sets are additional awards directed towards paddlers venturing into specific areas, where the basic EPP protocol is insufficient to the skills needed.

##### **Level 4 Tidal skill set:**

The tidal skill set is an award that enables participants to kayak safely and competently in conditions that may occur in tidal areas where the current reaches speeds of up to 3 knots in combination with force 4 conditions. The assessment covers tidal planning as well as the technical skills and rescue skills that are needed to paddle this environment.

**Level 4 cold skill set:** The cold skill set is an award that enables participants to kayak safely and competently in conditions that may occur in areas where the water freezes. The assessment covers knowledge in planning for and paddling in cold conditions. Ice-knowledge, rescues, hypothermia, equipment, risk assessment and management in cold conditions.

**Level 4 Mediteranian skill set:** The Med skill set is an award that enables participants to kayak safely and competently in the Mediterranean where unpredicted, violent and sudden wind and sea conditions driven by Bora, Mistral, Scirocco, Meltemi, waterspouts, katabatic and adiabatic winds (Föhn), occur all year round. The assessment covers knowledge in planning for and paddling in these unpredictable conditions. Technical and rescue skills, hyperthermia, risk assessment and management.

##### **Level 4 Mudflat Module:**

The Mudflat skill set is an award for paddling in the Frisian areas of the Netherlands, German North Sea in Vadehavet in Jutland, Denmark where navigation is very severe.

#### **EQUIPMENT STANDARDS (lvl 4 sea kayak)**

Candidates will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidate's own. Where essential equipment is missing, the candidate should not be assessed.

#### **Kayak and paddle**

Sea kayak and double bladed paddle

The kayak must be fitted with total buoyancy (e.g. watertight compartments/airbags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Safety lines must be taut and not capable of coming loose accidentally, or fouling the cockpit area. The kayak should also be fitted with a compass and a separate bearing compass should be carried by and be readily available to

the candidate.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing as well as footwear suitable to conditions.

### **Buoyancy aid, helmet and spray deck**

A 50N CE approved buoyancy aid should be worn. A CE approved helmet providing adequate protection must be accessible. The spray deck must be fitted with an efficient release strap.

### **Other Safety Equipment**

Must be carried:

- Chart and compass.
- Flares.
- Spare paddle.
- Hand-held VHF or mobile phone.
- Reliable towing system.
- Knife
- Adequate First Aid kit and repair kit

Recommended to be carried:

- Sling
- Karabiner
- Bilge-pump

### **Spare clothing**

The clothing should be applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia.

### **Packed lunch**

An adequate packed lunch and a hot drink should be carried.

### **Emergency equipment for personal use**

This should include: emergency food; whistle; exposure (bivy) bag, torch, matches or lighter.

### **Waterproof kit bag(s)**

Spare equipment must be stored in appropriately secured, waterproof kit bag(s) and must remain dry even after capsize.

**[updated june 2018]**

## SEA KAYAK - LEVEL 5 - BLACK PADDLE

### Aim

The purpose of this test is to ensure that the successful candidate has sufficient knowledge and skill to paddle in a group of peers of equal level of knowledge up to and including advanced level, demonstrating adequate safety techniques.

Demonstrate the necessary skills for paddling competency in the sea up to and including Beaufort Force 5 and or Douglas seastate 5 conditions.

Demonstrate group awareness and group management and leadership skills to paddle safely and proficiently with peers in Beaufort Force 5 and or seastate 5 conditions.

Deal competently with rescue situations which might occur on sea conditions up to and including Beaufort Force 5 and or seastate 5 conditions.

Deal competently with First Aid situations in the sea environment.

This award is intended for candidates who journey on the open sea in areas where tidal races, headlands, open crossings, swell and challenging coastlines may be encountered. The award should be accessible to all those people who journey on the sea on a regular basis and should not be seen as the preserve of a few elite performers. It is envisaged that the average club member sea kayaking regularly, should be able to obtain this award within three years of starting to paddle frequently on the sea.

### Location

The Level 5 assessment should take place in Beaufort force 5 and or Douglas sea state 5 conditions.

### Equipment

The candidate's personal and group kit will be evaluated in accordance with EPP Level 4 Sea Kayak Award under [EQUIPMENT STANDARDS](#).

### Prerequisites

The candidate must already hold the EPP Level 4 Sea Kayak Award (or equivalent).

The candidate will have documented a minimum of six journeys on the open sea. Such experience must have been gained over a minimum of three years. These will have involved a variety of different conditions including:

- A journey of a minimum distance of 20 nautical miles.
- An open crossing of at least 5 nautical miles.
- Navigation in poor visibility and darkness.
- Winds reaching at least Beaufort Force 4.
- Exposure to no landing zones.
- Camping from a kayak.
- Paddling in swell and waves.
- Two of the journeys must have taken place in a different sea area.
- At least one journey must have involved an overnight camp or bivvy.

### First Aid award

The candidate must hold an appropriate First Aid award. Any of the recognised standard First Aid certificates, or those approved by the country of origin.

### Assessment & Venue

Candidates for the Level 5 test must satisfy the assessors that they have the experience, judgment and competence necessary to be safe peers in groups of experienced candidates on journeys in up to Beaufort force 5 and or Douglas sea state 5 conditions. Candidates must have the personal skill and ability to perform confidently and in control in the conditions.

- The evaluation of the award will take place over two days.
- Candidates should realize that the appropriate water cannot be guaranteed. In the event of

such conditions not being present, assessment decisions may have to be deferred until a later date when acceptable conditions are present.

- The evaluation of the award will consist of four elements: equipment; theory; peer leadership skills and awareness; personal skills.

## **Environment**

Candidates should plan a two day journey in an unfamiliar area which includes an open crossing. They should be aware of the environmental factors that affect the sea. These will include the effect of wind swell and physical factors. The candidate should also show a basic knowledge of the wildlife which is likely to be encountered on the sea and be aware of times and areas when special consideration should be given. The candidate should show a personal responsibility for the environment.

## **TECHNICAL STANDARDS**

### **Navigation**

Plan a two day journey in an unfamiliar area which includes an open crossing. A candidate should be able to demonstrate a high level of ability and understanding of the strokes and techniques necessary to handle a sea kayak in Force 5 conditions. The candidate's performance should be smooth, controlled and consistent, relying on technique rather than on physical strength.

### **Weather**

Know where to obtain relevant shipping and weather forecasts. Understand the probable sequence of weather which occurs during the passage of a depression. Have an understanding of the following:

- The formation of fog, onshore and offshore winds, the effect of relief, line squalls.
- The relationship between the pattern of isobars on a synoptic chart and the probable resultant wind speed and direction.
- Be able to relate physical signs to the actual forecast.

### **Launching and Landing**

The candidate should show the ability to launch and land themselves and the members of their group in a variety of conditions. This may involve beaches, rocky inlets, headlands and surf. They should also show the ability to land an injured paddler.

### **Manoeuvre and Control**

The candidate should show manoeuvring skills in relation to static and moving objects and demonstrate good control in moving and broken water. Where a rudder or skeg is fitted the candidate should demonstrate reasonable control in the event of a failure. Manoeuvring skills should include a solid performance of all the EPP Level 4 Sea Kayak Award Technical Skills.

Candidate should display consistent Level 4 technical standards with a solid, confident manner. Personal paddling skills demonstrated should include efficient forward paddling performed in following sea and a beam wind, efficient turning, stopping, bracing, ruddering in different sea and wind conditions.

The candidate should demonstrate the ability to adapt strokes during execution in response to the external forces involved, exhibiting anticipation and control rather than just a reaction to events.

Additional skills to be demonstrated include surfing confidently, rolling reliably on both sides in up to Beaufort force 5 and or Douglas sea state 5 conditions, using waves to turn.

### **Theory**

The candidate must be knowledgeable on a wide-range of topics, sufficient to support the candidate's claim to be at the highest level of the sport. The range of topics should include:

- Boat designs and their relevance to sea kayaking.
- Equipment for use in challenging weather conditions.
- Navigation and weather as detailed in this section.
- Access issues.
- Peer leadership and organisational problems.



- Environmental and conservation issues.

## Equipment

It is expected that by the time the candidate is ready for assessment they will be aware of what equipment is required for undertaking a multi-day journey. It is reasonable for people to make personal choices as regards equipment but they should be prepared to justify those decisions. It is not essential for candidates to present themselves for assessment in a specialised sea kayak, but due to the fact that they may have to paddle with people in those types of craft they should have some experience of paddling a variety of sea kayaks including singles and doubles.

Candidates must present with suitable personal equipment, plus any additional equipment deemed to be appropriate to support a group.

Equipment should reflect such things as the season, the ability of their companions and the difficulty of the conditions to be paddled.

Borrowed equipment will be assessed as if it were the candidate's own.

The candidate should be aware that on the level of water being paddled, having too much equipment could be nearly as hazardous as having too little.

## SAFETY STANDARDS

### Rescues

The candidate should be able to display a good range of rescue techniques, be able to adapt them to a variety of conditions, and demonstrate their efficient use in a variety of protection and rescue incidents. It is expected that they should be able to rescue a loaded sea kayak without assistance apart from the casualty. They should show the ability to rescue an injured paddler. The candidate should show knowledge of a variety of self rescues and be able to demonstrate one. This part of the test should not take place in calm conditions.

The candidate must show an appreciation of evacuation procedures, be able to satisfy the assessors that they would be able effectively, without further risk to the party and themselves, organise the retrieval of any retrievable equipment, which may have been lost as a result of an emergency.

### Towing

The candidate should have a towing system and be aware of the need for flexibility and be able to drop and pick up the tow with ease. They should demonstrate single and multiple tows.

### Navigation and Chart Work

The candidate must be conversant with, able to interpret and use charts and maps as key navigational tools. Also the candidate must demonstrate the ability to keep a compass course on open water and make good a course using transits. They should be able to fix their position using a combination of bearings and transits. The candidate should be able to navigate in poor visibility or the hours of darkness. They should be able to plan alternative routes whilst afloat which take into account weather and water conditions. They should also be able to identify features from the chart and recognise navigation marks.

### Group Control

The candidate should exercise appropriate group control whilst on the water. They should also be concerned for the comfort and welfare of the party throughout the whole journey. The importance of effective group control cannot be over-emphasized. Group control and communication:

- Candidates will be required to show they are organised on the water and have the experience and judgment required to function as safe peer in a similarly experienced groups.
- They will be required to show experience in identifying hazards.
- Each candidate will need to demonstrate a system of signals both visual and audible which will enable effective communication with a group.

### Incidents

The candidate should carry and have easily accessible suitable means for summoning help in an



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emergency. They should have a First Aid kit and be familiar with the use of its contents. A repair kit should also be carried. It should be possible to affect a repair on a kayak whilst afloat as well as being able to deal with more substantial problems to the equipment whilst ashore. The candidate should be equipped and prepared to deal with any incidents which could occur during the course of the journey.

Each candidate must demonstrate sound judgment of the elements of risk and an awareness of what constitutes safe paddling.

The candidate must demonstrate effective communication and interpersonal skills, displaying their ability to create the right atmosphere within the group so that honest & safe decisions can be made as to whether to paddle an area or not.

## **Additional skill sets for paddling in particular geographical areas**

### **Level 5 Tidal skill set:**

The tidal skill set is an award that enables the participants to kayak safely and competently in conditions that may occur in tidal areas where the current reaches speeds of up to 3 knots. The assessment covers tidal planning as well as the technical skills and rescue skills that are needed to paddle this environment in combination with Beaufort force 5 and or Douglas sea state 5 conditions.

## TOURING KAYAK

### TOURING KAYAK - LEVEL 3 - BLUE PADDLE

#### Aim

Kayak safely on rivers or lakes or sea as a member of a group of peers. Can negotiate difficulties encountered, assist in rescues and foster further participation in kayaking. Successful performance at this level indicates that candidates can consider themselves as competent paddler.

#### Location

The Level 3 assessment should take place either on a flowing river up to grade 2 or open water with wind up to force 3. The journey/test should be 4 hours on the water and held under moderate conditions ideally during a day trip. The assessor will make allowance if conditions are rough, but the kayak skills must be performed in a competent manner. The test will not be taken in a flat calm location.

#### Equipment

A kayak, fit to the water, where the assessment takes place. This award is obtained in a single kayak.

#### Prerequisites

The candidate must have passed the EPP Level 2 (or equivalent) and provide evidence of having taken part in at least 3 one-day tours with a minimum of 4 hours of paddling.

### TECHNICAL STANDARDS

#### Lifting, carrying and launching

Demonstrate good safe lifting and carrying techniques appropriate to getting a kayak from or to a car roof rack or a trailer, with assistance if available and safely securing using a rope and or straps. Any practical system is acceptable but must be efficient. Candidates should demonstrate launching techniques appropriate for the conditions.

#### Efficient paddling technique, forwards and backwards

The assessor will look for: correct dynamic seating position; correct entry and exit of the blade; ability to keep the boat straight; sufficient power in the stroke to paddle against wind; trunk rotation; correct width of paddle grip. Common sense should be applied when judging paddling technique taking into account variation in physique and personal style.

#### Keeping course

Candidates should demonstrate techniques to keep a determined course appropriate for the conditions. If kayak has a rudder the candidate should control the rudder and show some knowledge of using the paddle to correct the course. Kayak without rudder should demonstrate Stern Rudder. The paddle blade should be placed in the water upright, well back to the stern. Candidates should be able to keep the kayak running straight, downwind on small waves, with the paddle kept on one side of the boat.

#### Turning the kayak 360 degrees

Turning should be performed in both directions. Kayak without rudder turning by using alternate forward and reverse sweep strokes. Paddle blade just covered, reaching out to full arm extension, elbow slightly bent. Paddle drawing well into the stern with the forward arm pushing across the body. Candidate's body should turn to place the paddle in the water at the stern of the kayak. If the craft is fitted with a rudder, steering with the rudder only is to be shown in both directions and also quick turn by using alternate forward and reverse sweep strokes in both directions.

#### Emergency stops

Forwards and backwards; Reverse direction should be in evidence within 4 strokes (one kayak - length).

#### Drawing the kayak sideways in both directions

Top arm high, blade deep. The boat must keep a straight line sideways through the water in both

directions.

### **Recovery strokes**

The candidate can stabilize his / her boat through the low brace on both sides.

### **Landing**

Candidate should manoeuvre the kayak into a beach forwards, sideways and backwards (backwards only if kayak is not fitted with rudder). This is controlled, not a 'surf' landing, while holding position in order to allow for the waves.

### **Handling waves**

Candidate should demonstrate an ability managing waves and winds from all directions.

### **Additional technical skills**

If the assessment takes place on rivers, it is recommended to assess these additional skills.

### **Breaking out**

Breaking out of the main current into eddies should demonstrate anticipation and early positioning, and the use of appropriate strokes throughout the manoeuvre. The candidate should also demonstrate the correct speed and angle of approach, together with a positive and early grip of the stationary water in the eddy. The kayak should come to rest high up the eddy, just inside the eddy line and parallel to it.

### **Breaking in**

This manoeuvre will be achieved by resolving such factors as speed of current, size of eddy, tilt and the desired position in the river after the break in. Initial positioning in the eddy and the angle of exit allied to the correct speed and degree of edging should be evident and appropriate for the particular eddy. Be aware of a charge out that ends with either a stall in mid-current or an inadvertent entry into an eddy on the opposite bank.

### **Upstream (forward) ferry gliding.**

The candidate should aim to cross a consistent and moderate Grade II flow that is 10m wide without any loss of height, or a 20m wide flow with no more than a kayak length loss. Allowance needs to be made for the specific water conditions. It is important that the ferry angle is appropriate and maintained through the manoeuvre.

## **SAFETY STANDARDS**

### **Capsize and rescue**

The candidate should demonstrate knowledge of boat based rescue as a rescuer as well as a rescuee and should be able to assist peers in a rescue situation.

The candidate will perform confident capsize drill, followed by a deep water rescue with partners.

The capsize must be accidental / unprepared - no setup - with spraydeck in place if applicable - either while paddling or in an attempted recovery stroke or sculling for support.

### **Towing / assisting another craft**

The candidate must assist a tired paddler with either a towline or with a contact tow for a short distance. If the boat is fitted for towing with rope the candidate must be able to do towing with a towline and be able to explain the dangers coming with towing.

### **Self rescue**

Candidates should be able to perform a safe self rescue using their own appropriate equipment on flat water. The design of the kayak, equipment carried and personal skill decides the method. It is permissible to allow the candidate to set themselves up before capsizing. A self rescue on one side only is required. Provided the rest of the candidate's performance is sound, an inability to self rescue is not a fail factor in itself.

## **EQUIPMENT STANDARDS**

The following items, which must be both suitable and serviceable, must be presented for inspection.

### **Kayak and paddle**

The kayak must be fitted with total buoyancy (e.g. watertight compartments/airbags). Fitted buoyancy must be securely fixed in suitably customized for 'general purpose' crafts. Sealed bulkheads are

regarded as sufficient in themselves.

Crafts should be provided with endgrabs suitable for the environment. Safety lines (if fitted) must be taut and not capable of becoming loose accidentally, or fouling the cockpit area.

Extra equipment like spare paddle, towing line etc. must be fitted properly and its function checked.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and could include windproof and waterproof outer garments.

### **Spare clothing**

Adequate spare clothing should be carried.

### **Visibility**

The kayak, paddle and the clothing should be chosen in a way, that they are good visible on the water (bright colours, reflective stripes)

### **Simple First Aid kit and repair kit**

The First Aid kit should be carried according to the level of First Aid knowledge needed. A repair-kit should be carried according to the type of craft and length of trip.

### **Buoyancy aid, appropriate headgear and spray deck**

A 50N CE approved buoyancy aid should be worn. Head protection, hat or a CE approved helmet providing adequate protection is recommended if conditions apply. The spray deck must be fitted with an efficient release strap.

### **Packed lunch**

A packed lunch and equipment for providing a hot drink (may be a vacuum flask) should be carried.

### **Emergency equipment for personal use**

Emergency equipment should be appropriate for the environment and the purpose of the tour / expected conditions. This could include: compass; emergency food; whistle; matches or lighter; If required torch for pinpointing position if in the water; exposure (bivvy) bag to provide protection in case of emergency to prevent hypothermia.

### **Waterproof kit bag(s)**

Spare equipment must be stored in appropriately secured, waterproof kit carriers and must remain dry even after a capsized.

## **KNOWLEDGE STANDARDS**

### **Technical understanding**

The candidate must show an understanding of all the above mentioned technical standards on level 3

### **Tour planning**

The candidate has to show an understanding of the navigation rules for the waterways.

The candidate has to show an understanding of the local environmental challenges (moving water, wind, waves, risks)

The candidate has to demonstrate the ability to work with maps / simple navigation.

The candidate must be able to explain the weather forecast with the consequences for the tour.

He has to show knowledge of the rules of environmental behaviour and the rule for access to the water.

### **First aid**

The candidate has to have basic understanding of First aid. He must be able to explain the dangers come by hypothermia and hyperthermia, their symptoms and their prevention.

### **Group skills**

The candidate must to show a group awareness for his peers.

He has to understand his personal risk management as well as be able to response properly to group



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dynamics.

**[updated june 2018]**

## TOURING KAYAK - LEVEL 4 - RED PADDLE

### Aim

The award aims to enable participants to:  
Kayak safely and competently on rivers, lakes & sea, up to and including sea state 4 conditions.  
Can negotiate obstacles likely to be encountered in such conditions.  
Deal competently with rescue situations that might occur in these conditions.  
Develop group awareness.

### Location

The Level 4 Touring Kayak assessment should take place, on rivers up to grade 2 or lakes / sea in conditions with wind up to and including force 4. The assessment should take place on a 2-days journey of at least travelling time of 5 hours a day. The journey should include a limited open water crossing and should comply with national river/lake/sea regulations.

### Prerequisites

Candidate must have passed an EPP Level 3 Touring Kayak assessment (or equivalent) and should have completed a minimum of three journeys each of a minimum of 5-6 hours of paddling, one multiple day trip with camping from the boat.

### TECHNICAL STANDARDS

All touring kayak technical, theory, equipment and safety standards assessed within Level 3 will be assessed within the Level 4 at Level 4 criteria. The assessment should take place on rivers, lakes & sea, up to and including sea state 4 / grade II conditions.

### Launching

Candidates should demonstrate launching techniques appropriate for the conditions.

### Efficient paddling technique, forwards and backwards

The assessor will look for correct dynamic seating position; correct entry and exit of the blade, demonstrate the ability to keep the boat straight and sufficient power in the stroke to paddle against wind or current. Demonstrate trunk rotation and correct width of paddle grip throughout the trip. Common sense should be applied when judging paddling technique taking into account variation in physique and personal style. Candidates should remember that 4 kilometre in one hour is a hint of pace which should be reached as minimum.

### Keeping course

Candidates should demonstrate techniques to keep a determined course appropriate for the conditions. If kayak has rudder the candidates should control the rudder and show knowledge of using the paddle to correct the course. Candidate in a kayak without rudder should demonstrate stern rudder. The paddle blade should be placed in the water upright, well back to the stern. Candidates should be able to keep the kayak running straight, downwind on small waves, with the paddle kept on one side of the boat.

### Turning the kayak 360 degrees

Turning should be performed in both directions. Kayak without rudder turning by using alternate forward and reverse sweep strokes. Paddle blade just covered, reaching out to full arm extension, elbow slightly bent. Paddle drawing well into the stern with the forward arm pushing across the body. Body turning to place the paddle in the water at the stern of the kayak. If the kayak is fitted with a rudder, steering with the rudder only is to be shown in both directions and also quick turn by using alternate forward and reverse sweep strokes in both directions.

### Emergency stops

Forwards and backwards. Reverse direction should be in evidence within 4 strokes (one length of the kayak).

### Drawing the kayak sideways in both directions

Top arm high, blade deep. The boat must keep a straight line sideways through the water in both

directions.

### **Recovery strokes**

To be performed on both sides. The candidate should stabilize his / her boat through the low brace.

### **Landing**

Bring the kayak into a beach forwards, sideways and backwards (backwards only if kayak is not fitted with rudder). This is controlled, not a 'surf' landing. Holding position in order to allow for the waves.

### **Handling waves**

Demonstrate an ability managing waves and winds from all directions.

### **Additional technical skills**

Depending on the chosen craft it is advisable to look in the standard for that specific craft. Examples could be: Open Canoe, Fitness boat, sea kayak, white-water etc.

If the assessment takes place on rivers, it is recommended to assess these additional skills:

Breaking out, Breaking in, Upstream (forward) ferry gliding

## **SAFETY STANDARDS**

The demands on personal protective equipment in Level 3 is valid also on Level 4.

### **Self rescue**

Candidates should be able to perform a safe self-rescue (other than rolling) competently using their own appropriate equipment on level 4 conditions. The assessors can define appropriate criteria to measure this competency. The design of the kayak, equipment carried and personal skill decides the methods. It is not permissible to allow the candidate to set himself up before capsizing.

### **Group rescue**

The candidate shows ability to help other paddlers in a group as a partner and a rescuer.

### **Hypothermia & hyperthermia / First Aid**

Show a good understanding of hypothermia as well as hyperthermia, its causes and symptoms. Can deal with basic First Aid incidents - e.g., a cut forehead or hand - It is recommended that candidates should hold a First Aid certificate.

### **Towing / assisting another craft**

The candidate must assist a tired paddler with either a towline or with a contact tow for a medium distance. If the boat is fitted for towing with rope the candidate must be able to do towing with a towline and be able to explain the dangers coming with towing.

## **EQUIPMENT STANDARDS**

Candidates will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidates own. Where essential equipment is missing, the candidate should not be assessed. Extra equipment to raise security must be fitted properly and its function checked.

### **Kayak and paddle**

Double bladed paddle and kayak suitable for the river/lake/sea, where the assessment takes place. This award is obtained in a single craft.

If kayaks are provided with end grabs they must be suitable for carrying out rescues without trapping the hand. Safety lines and/or painters (if fitted) must be taut and not capable of becoming loose accidentally, or fouling the cockpit area. Fitted buoyancy must be securely fixed and fill all available space apart from cockpit in suitably customized 'general purpose' kayaks. Sealed bulkheads are regarded as sufficient in themselves for touring kayaks. Extra equipment to e.g. raise security must be fitted properly and its function checked

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and could include windproof and



waterproof clothing as well as footwear suitable to conditions.

### **Spare clothing**

Adequate spare clothing should be carried. The clothing should be applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia

### **Buoyancy aid, appropriate headgear and spray deck**

A buoyancy aid of minimum 50N inherent buoyancy should be worn.

If helmets needed for providing adequate protection for the head it should be CE approved, brightly coloured and must be carried and accessible. If not needed a woolly or other hat is recommended. The spray deck must be fitted with an efficient release strap.

A 50N CE approved buoyancy aid should be worn. A CE approved helmet providing adequate protection must be carried and accessible if relevant for the conditions. The spray deck must be fitted with an efficient release strap.

### **Visibility**

The kayak, paddle and clothing should be chosen in a way that they are good visible on the water (bright colours, reflective stripes).

**Other Safety Equipment** which could be carried to fit the planned tour includes:

- Map / Chart and Compass
- Spare Paddle
- Paddle Leash
- Hand held radio or mobile phone
- Means of towing
- Sling
- Karabiner and knife
- Sleeping bag
- Flares
- (Mobile) pump
- Torch
- Bivvy bag
- Matches or lighter
- Whistle
- Emergency food

**An adequate First Aid kit and repair kit** should be carried in the group.

### **Packed lunch**

A packed lunch and equipment for providing a hot drink (may be a vacuum flask) should be carried.

### **Waterproof kit bag(s)**

Spare equipment must be stored in appropriately secured, waterproof kit bag(s) and must remain dry even after capsizing.

## **KNOWLEDGE STANDARDS**

### **Technical understanding**

The candidate must show an understanding and be able to analyse all the above mentioned technical standards on level 4.

### **Tour planning**

The candidate has to show an ability of what is involved in planning a trip for touring multiple-day trips, such as access and egress, equipment requirements, significance of a weather forecast, lunch stops, boat traffic and contingency plans. Knowledge about the geographical skill sets on the level.

Candidates should be able to align a map, work out the distance between two points, and identify any particular features, which would indicate position or hazards. Active use of compass in open crossing navigation.

The candidate has to know navigation rules for the waterways and apply them to his planning. The candidate has to show an understanding of the local environmental challenges (moving water, wind, waves, risks) and to plan the tour according to this. He has to demonstrate his ability to work with maps and other specific information about navigation. The candidate must be able to explain the weather forecast with the consequences for the tour. He has to show knowledge of the rules of environmental behaviour and the rule for access to the water and to adapt his plan according to his understanding.

### **First aid**

The candidate has to be able to act in case of emergency in his group of peer. He must be able to explain, to prevent and to handle the consequences of Hypothermia and Hyperthermia.

### **Group skills**

The candidate acts properly as a peer group leader. He must understand group dynamics and prevent some situations. He has to be able to show ability in managing the group, if necessary.

### **Additional skill sets for paddling in particular geographical areas**

These skill sets are additional awards directed towards paddlers venturing into specific areas, where the basic EPP protocol is insufficient to the skills needed.

#### **Level 4 Tidal skill set:**

The tidal skill set is an award that enables participants to kayak safely and competently in conditions that may occur in tidal areas where the current reaches speeds of up to 3 knots in combination with force 4 conditions. The assessment covers tidal planning as well as the technical skills and rescue skills that are needed to paddle this environment.

**Level 4 cold skill set:** The cold skill set is an award that enables participants to kayak safely and competently in conditions that may occur in areas where the water freezes. The assessment covers knowledge in planning for and paddling in cold conditions. Ice-knowledge, rescues, hypothermia, equipment, risk assessment and management in cold conditions.

**Level 4 Med skill set:** The Med skill set is an award that enables participants to kayak safely and competently in the Mediterranean where unpredicted, violent and sudden wind and sea conditions driven by Bora, Mistral, Scirocco, Meltemi, waterspouts, katabatic and adiabatic winds (Föhn), occur all year round. The assessment covers knowledge in planning for and paddling in these unpredictable conditions. Technical and rescue skills, hyperthermia, risk assessment and management.

#### **Level 4 River-skill set:**

The river-skill set is an award for paddling the river-waterways safely and competently, knowing the rules of traffic and navigation as well as navigating grade I water.

#### **Level 4 Mudflat skill set:**

The Mudflat skill set is an award for paddling in the Frisian areas of the Netherlands, German North Sea in Vadehavet in Jutland, Denmark where navigation is very severe.

**[updated june 2018]**

## FLATWATER RACING/MARATHON

### FLATWATER RACING/MARATHON - LEVEL 3 – BLUE PADDLE

#### Aim

To prepare the candidate for sprint and marathon racing competition and prepare for racing on flat water or rivers where there are obstacles. Controlling the speed of the boat whilst paddling over a race distance.

#### Location

Any suitable sprint or marathon flat water facility in no wind conditions.

#### Equipment

The assessment should be taken in a single racing or fitness boat which has sufficient buoyancy to remain afloat after a capsize.

BOAT - Single and/or crew-boat kayak or canoe. Racing boat or fitness boat.

PADDLES - for canoe: Flat paddle / for kayak: flat or wing paddle.

#### Prerequisites

Candidates should have at an EPP Level 2 Kayak or Canoe (or equivalent) or be able to show the skills during the assessment.

### TECHNICAL STANDARDS

#### Efficient paddling technique, forwards and backwards

The assessor will look for: correct dynamic seating position; correct entry and exit of the blade; ability to keep the boat straight; sufficient power in the stroke; trunk rotation; correct width of paddle grip. Common sense should be applied when judging paddling technique taking into account variation in physique and personal style.

#### Lifting, carrying and launching

Demonstrate good safe lifting and carrying techniques appropriate to getting a kayak from or to a car roof rack or a trailer, with assistance if available and safely securing using a rope and or straps. Any practical system is acceptable but must be efficient. Candidates should demonstrate launching techniques appropriate for the conditions.

#### Sprint

- Racing a sprint from a stationary start.
- Finish line at a distance of 50 m.
- Stationary boat and candidate on the starting line.
- Increase of speed through the race.

#### Crew Boat, K2/C2 or K4/C4

**If part of the assessment is done in a crew boat you should be able to:**

- Follow the rhythm of the other paddlers
- Keep a steady speed
- Paddle 500 m with one turn

#### Balance

Candidates should be observed maintaining positive balance and trim over 100m or more of paddling, or for at least two minutes each. For the test any of the following activities could be used to establish candidates' performance:

- Paddle with the feet in the water.
- Throw the paddle in front of the kayak: kayak and paddle with the hands to the paddle, continue paddling and repeat at least three times.
- Paddle with the paddle upside down.
- Paddle with the hands – forward, backwards and sideways.
- Show trunk rotation.
- Paddle with closed eyes.
- No capsize.

## Emergency stops

Forwards and backwards; Reverse direction should be in evidence within 4 strokes.

## Sideways paddling in both directions

The boat must keep a straight line sideways through the water in both directions.

## Racing in a straight line followed by a turn - and then back 600-1000m (2 loops of 2 times 300m – 500m)

- Steady speed.
- Same time: on both laps no more than maximum 10 % difference.
- No significant loss of speed during the turn.

## Riding a wave

Getting diagonally (wash hanging) wave of another boat on one side then on the other.

- 2 boats or more.
- Keeping the rhythm.
- Maintain the right speed to stay on the wash.
- Staying appropriate distance away from the preceding boat.

## Turning in a wide curve

- Outside edging of the craft
- Good use of the rudder.
- Regular curve with the end of the turn close to the buoy.
- Various techniques and speed should be used when getting in and out of the turn.
- Without stopping paddling.
- Show trunk rotation

## Starter Duties

- Line up 4 paddlers to be place at the start.
- Carry out a number of starts taking responsibility for decisions as to false starts (Control of 4 boats to begin).
- The starter should be positioned at the best suitable place.
- The starter is able to give right orders to start the race as indicated by the assessor.
- Have good mark to decide and take the right decisions as false starts are concerned.

## SAFETY STANDARDS

The candidate should be capable of:

- Capsizing, getting out of their boat and retaining all equipment and swimming back to the bank.
- Assisting a swimmer to get back to the bank.
- Retrieving a swimmer's boat.
- Re-entering the boat with assistance from one or two peer paddlers.
- Group skills: Know how you can keep a group together on the water even if there are big differences in level of the paddlers.

## KNOWLEDGE STANDARDS

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport, awareness of doping behaviour.

## \* Novice Competitor

A paddler who is at EPP level 2 or higher in performance standard is beginning to participate in competition. The paddler understand and respect the rules.

## EQUIPMENT STANDARDS

### Buoyancy aid and spray deck (where used)

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn and



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should be securely fastened. The spraydeck must be fitted.

## **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should where appropriate, include windproof and waterproof clothing.

## **Boat**

The candidate is able to choose an appropriate kayak / canoe and adjust and trim the boat.

**[updated june 2018]**

## FLATWATER RACING/MARATHON – LEVEL 4 – RED PADDLE

### Aim

Paddling efficiency (speed, accuracy, performance) with a real physical and mental involvement and a clear control in a variety of fluent strokes. Prepare the participant for high level competitions with short term and long term individual goals.

### Location

Flat water or part of a calm river under moderate conditions (wind and waves possible). Start and finish should be marked with two buoys. There will be a stationed safety boat ready for rescue.

Distance:

- 1000 meters straight line.
- 200 meters straight line.
- 100 meters straight line.
- Metronome, pacer.

### Equipment

Single K1/C1 and K2/C2 Racing boat, PADDLES – for canoe: Flat paddles, for kayak: Wing paddles

### Prerequisites

Candidates should hold the EPP Level 3 Flatwater & Marathon Racing Award (or equivalent) and have prior experience on 8 different sprint racing or marathon events.

## TECHNICAL STANDARDS

### Sprint racing (K1/C1 and K2/C2)

Speed control

- Stationary start, 100m max. On time.
- The time on 100m max. Add 30 percent on that time and use this time for a race over 1000m.
- 1000m on your time.

Example: 100 meters on 20 sec. Add 30 percent = 26 sec. And after paddle 1000m on 26 sec. /100 meters – 4,20 on 1000m.

### Stroke efficiency (K1/C1 and K2/C2)

For this situation, no wind and good conditions.

200 meters with a frequency of 70 strokes per minute, maximum 74 single strokes in total of 200 meters, tolerate approximately 2 strokes more or less. Efficiency / movement is around 2,7 meters per stroke.

200 meters with a frequency of 80 strokes per minute, maximum 78 single strokes in total of 200 meters tolerate approximately 2 strokes more or less. Efficiency / movement are around 2,6 meters per stroke.

### Balance (K1/C1 and K2/C2)

The practices should be done over 100 meters or more, or for at least 2 minutes each.

- Put the paddle from one side of the boat, under the boat to the other side.
- Paddle with the paddle blades as close as possible to the boat.
- Paddle with a very narrow grip.

- Paddle with a very wide grip.
- When paddling, aim to touch your ears with the hand during the pushing phase.

## **Endurance with speed changes and portage**

- Stationary start, 100m maximum speed, changeover into racing speed for a distance of approx 1000m.
- Portage, out of the boat on the right side, run for approx 50m. Portages can be either beach or pontoon.
- Re-enter in the boat on the right side, paddling for 1000m racing speed and finish with a maximum increase of speed.
- Repeat one time on the left side.

## **Take time in the boat**

- In kayak or canoe, the paddler realize 50m after the start of an other paddler and the paddler must have taken their time on the distance.
- In the same time the starter take the time of the paddler.
- All the paddler must have a watch or other.
- The result take by the paddler is different like more or less than 5% to the starter.

## **Time keeping**

- Recording the times of 4 single and double boats.
- Giving all the necessary time keeping equipment.
- 2 timekeepers.
- Recording the times of 8 competitors
- Exact time keeping

## **SAFETY STANDARDS**

### **Buoyancy aid and spray deck (where applicable)**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. The spray deck must be fitted.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should, where applicable, include windproof and waterproof clothing.

### **The candidate should be capable of:**

- Assist in retrieving a swimmer's boat and paddle
- Capsizing and emptying their boat

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of

paddlesport as they affect them as intermediate competitors aspiring to higher level performance.

- Components of fitness
- Principles of training
- Energy systems
- Warm-up / cool down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength training and conditioning
- Mental preparation

**\* Intermediate Competitor**

A paddler who is at a minimum Level 3 performance standard with a minimum of one season's competitive experience.



## FLATWATER RACING/MARATHON - LEVEL 5 – BLACK PADDLE

### Aim

Paddling efficiently (speed, accuracy, performance) with a real physical and mental involvement and a clear control in a variety of fluent strokes.

### Location

Flat water or part of a calm river under conditions wind and waves. Stationed safety boat ready for rescue.

### Equipment

The assessment should be taken in a single racing, double and quad boat which has sufficient buoyancy to remain afloat in a capsized BOAT - Single K1/ K2 / K4 or C1 / C2/ K4 Racing river boat  
PADDLES: CANOE – Flat paddle, KAYAK - Wing paddle

### Prerequisites

Candidates should hold the EPP Level 4 Flatwater & Marathon Racing Award (or equivalent). Candidate should have prior experience of 10 different sprint racing or marathon events and providing evidence of at least 2 under rough conditions.

### TECHNICAL STANDARDS

#### Go backward to the start line

Move back to the start to be align. Be stabilize, look back to go to the start and stop when the starter give an order

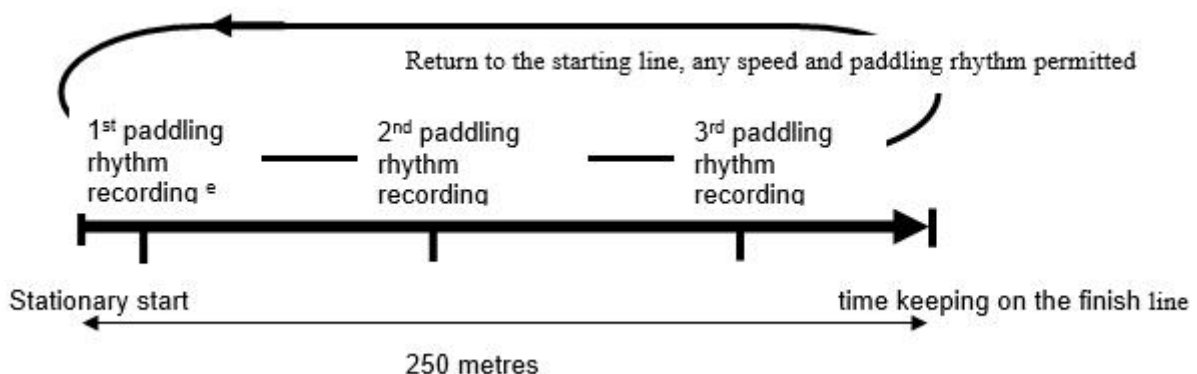
- Good realization of the action.
- Minimum time.
- Without capsize.
- No long curve turn.

#### For situations 2 and 3

**Distance:** Straight line 250 m long

Both starting and finishing lines should be marked with two buoys.

Flat water Black Paddle test diagram:



## Race in a single canoe or kayak

The course should be realized 3 times keeping the same paddling rhythm of 60 strokes per min (35 in a canoe) whilst improving the time at each lap.

### Stationary start

The 250m straight line race should be run 3 times. There should be only one boat at a time during the test (no simultaneous start).

- Regular and sustained paddling rhythm close to the given standard (+ or – 10%).
- Gain in time of at least 5% between each lap (single then double boat).
- The rhythm should be recorded at least 3 times over the 250 m distance. The 10% leeway should be measured at each rhythm recording.

If the candidate passes the test, he must have the same one in a double canoe or kayak (same stroke rhythm).

## Race in a double canoe or kayak

The course should be realized 3 times keeping the same paddling rhythm of 60 strokes per min (35 in a canoe) whilst improving the time on each lap.

**There should be only one boat at a time during the test (no simultaneous start)**

### Stationary start

250m Straight line once then 3 times as a stern paddler in a C2 or K2.

- Regular and sustained paddling rhythm close to the given standard (+ or – 10%).
- Gain in time of at least 5% between each lap (single then double boat).
- The rhythm should be recorded at least 3 times over the 250 m distance. The 10% leeway should be measured at each rhythm recording.
- Both paddlers must be synchronized.

## Assessment Standard chart (single and double crafts)

| Flat Water Black Paddle |           |           |           |           |           |                     |           |           |                     |
|-------------------------|-----------|-----------|-----------|-----------|-----------|---------------------|-----------|-----------|---------------------|
|                         | 1st lap   |           |           | 2nd lap   |           |                     | 3rd lap   |           |                     |
|                         | Mini      | Maxi      | Time      | Mini      | Maxi      | Time                | Mini      | Maxi      | Time                |
| <b>Kayak</b>            | <b>54</b> | <b>66</b> | <b>T1</b> | <b>54</b> | <b>66</b> | <b>T2 = T1 - 5%</b> | <b>54</b> | <b>66</b> | <b>T3 = T2 - 5%</b> |
| <b>Canoe</b>            | <b>31</b> | <b>38</b> | <b>T1</b> | <b>31</b> | <b>38</b> | <b>T2 = T1 - 5%</b> | <b>31</b> | <b>38</b> | <b>T3 = T2 - 5%</b> |

## **K4**

One session in each position on the boat for at least 30 minutes. During the session, no matter the candidate's position in the boat, they should practice:

- Paddle with closed eyes.
- Paddle with very heavy strokes, clearly marked catch and a very low frequency.

## **Take the cadence (tempo) of a paddler**

- On the land.
- With a watch or frequency meters.
- Take the cadence of another paddler on 6 to 10 seconds or 3 or 5 strokes.
- The result of the cadence is 5% different than the coach.

## **Balance**

- Paddle, stop, take off a tee shirt, paddle, and stop and put the tee shirt back on.
- No capsize.
- Link together the action ask by the coach.

## **Technical analysis**

- The candidate should watch themselves on a video doing a stationary start and a sprint race of 500 meters or 1 000 meters, preferably a competitive racing situation.
- Watching the video, the candidate should find at least one strong and one weak technical component in their technique.
- The candidate should analyze the weak component and suggest changes to correct and develop their technique.

## **SAFETY STANDARDS**

### **Buoyancy aid, and spray deck**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. The spray deck must be fitted with an efficient release strap

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should, where appropriate, include windproof and waterproof clothing.

The candidate should be capable of dealing with all the safety and rescue requirements in Level 4.

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them advanced competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training



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- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

## **\*Advanced Competitor**

A paddler who is at a minimum Level 4 performance standard and is beginning to participate in competition.

## PADDLE SKI (ocean race)

### PADDLE SKI (ocean race) - LEVEL 3 - BLUE PADDLE

#### Aim

Competent level of performances and adapted efforts in various conditions in a paddle ski (surfski / ocean race kayak). Kayak safely on the sea as a member of a group being lead. Be capable of negotiating difficulties encountered, assist in rescues and foster further participation in kayaking. Successful performance at this level indicates that candidates can consider themselves as intermediate canoeists rather than beginners.

#### Location

On the sea in Force 3, short wave conditions.

#### Prerequisites

Candidates should have a EPP Level 2 Kayak (or equivalent).

Candidates must have prior experience of 3 paddle ski races or training events in Force 3 conditions.

#### TECHNICAL STANDARDS

##### Starting from the beach/finishing on the beach

Walking to the boat and embarking. Going past two buoys positioned after the breaking waves and coming back to the shore with all the equipment, pulling it on a distance of 20 m on the beach. The breaking waves should be at least 40 cm high.

- Possible assistance when embarking into a decked boat.
- No loss of balance.
- Speed and paddling strokes adapted to the waves' characteristics.
- Control of the ride and of the wipe outs.
- Smooth arrival back.

##### Performing with regularity on a triangular course

Time for each run: 15 minutes starting from the right then from the left. The course should be divided into 3 equal sections of 5 minutes each.

- Steady paddling rhythm and efforts.
- Smooth and fluent turning with steady stroke rhythm and even use of the rudder.
- Top hand kept in a fixed position.
- Trunk rotation. Edge control.

##### Performing a triangular race where the candidate starts with variable wind conditions (i.e. head, beam right, beam left)

Time for each run: 17 minutes starting from the right then from the left. According to the part of the race the wind should blow in different directions: Headwind (about 7mn)  $\frac{3}{4}$  following wind (about 3mn) and crosswind (about 5 min)

- The candidate should perform a course as close as possible to the virtual sides of the triangle.
- The strokes should be positioned such as to take into account the characteristics of the waves.
- Demonstrating tracking diagonal runs when in  $\frac{3}{4}$  following wind.
- The craft is kept steady.
- Paddling rhythm not altered in headwind position.

##### Fast start

2 or 3 paddlers should be at the start in a Stationary position. Boat afloat to realise on 300 race on headwind condition. Mark the finishing line at a distance of 300m.

- Headwind paddling out.

- Efficient and steady paddling rhythm within 50m.

### **Position and take off (boat leader)**

Groups of 2 or 3 Paddlers with one leader.

Candidates should be able to run diagonally and take off one after the other (front side or back side of the wave). The ride should not last less than 2 minutes.

### **Ability to find one's bearings and read a map**

- The candidate is able to correctly determine their position either on a chart or in the actual environment.
- They must be able to correctly measure the azimuth of 3 different points on a map.
- They must determine the course to head for 3 spots easy to locate.
- They must find and name 2 particular features from a chart.

## **SAFETY STANDARDS**

### **Capsize and rescue**

Perform confident capsize drill, followed by a deep water rescue with partners. Take charge of a rescue and then act as a capsized victim. The capsize scenario must be 'accidental' - either while paddling or in an attempted recovery stroke or sculling for support.

### **Rolling**

Where the kayak is of appropriate design the candidate should be able to demonstrate a roll in the test conditions required. It is permissible to allow the candidate to set him or herself up before capsizing. A roll on one side only is required.

### **Rescues and carries**

The candidate should demonstrate knowledge of boat based rescue as a rescue and should be able to assist peers in a rescue situation.

### **Good water confidence and swimming ability**

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### **\* Novice Competitor**

A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition.

## **EQUIPMENT STANDARDS**

The following items, which must be both suitable and serviceable, must be presented for inspection:

### **Kayak, paddle and ancillary equipment**

Single race boat: surf-ski or decked boat with a rudder. Flat or Wing Paddle.

Kayaks must be outfitted appropriately for the use intended and suitable for carrying out rescues without trapping the hand. Safety lines and/or painters (if fitted) must be taut and not capable of becoming loose accidentally, or fouling the cockpit area. Fitted buoyancy must be securely fixed and fill

all available space apart from cockpit in suitably customized 'general purpose' kayaks. Any ancillary equipment must be fit for purpose.

### **Buoyancy aid**

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted; in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and water-proof outer garments.

### **Additional Equipment**

Candidate should be knowledgeable of additional equipment required during unsupported training sessions such as: simple First Aid kit and repair kit appropriate to type of kayak used, spare clothing applicable to the prevailing conditions and suitable to prevent hypothermia, simple compass; whistle, exposure (bivvy) bag, hydration system, paddle leash, waterproof bag(s)

## PADDLE SKI (ocean race) - LEVEL 4 - RED PADDLE

### Aim

Controlled and efficient paddling in rough sea conditions. Safely and competently paddling the Sea up to and including Force 3/4 conditions, including over falls and tide races. Be capable of negotiating obstacles likely to be encountered in such conditions. Deal competently with rescue situations that might occur in these conditions. Develop high group awareness.

### Location

Rough sea in Force 3/4 conditions with wind and current possibilities

### Prerequisites

Candidates should have an EPP Level 3 Paddle Ski Award (or equivalent).  
Candidates must have prior experience of 6 paddle ski races in Force 3/4 conditions.

### TECHNICAL STANDARDS

#### Performing twice the course designed in a K1

Sustained speed during all of the course.

#### Control of the drift in crosswind conditions

A marker is placed at a distance of 20 m in headwind.

- The boat is kept flat on water.
- The boat has a right positioning of according to the wind direction.
- The marker shouldn't be touched.
- Drift to the marker without strokes.

#### Paddling straight forward in crosswind conditions

A marker is placed at a distance of 200m in crosswind. Paddle in its direction.

- No loss of balance when crossing waves.
- Sustained speed.
- Moving straight.
- Control the drift.
- Steady rhythm.

#### Using a compass to keep the direction

A 500m course in open sea should be previously determined with an angle of 30° to the direction of the wind. The candidate manages to follow the course with an eye on the compass and one on the direction followed. Should show ability to maintain the direction.

#### Controlling a stop in following conditions

A marker is placed at a distance of 20m, following wind. Paddle in it direction and stop before the marker at 30m.

- The boat is kept flat on water.
- The candidate is looking towards the open sea.



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- The craft is positioned with regard to the wind direction.
- The marker should not be touched.

### **Combining a failure to take off with a new entry to a wave**

Should be performed within a distance of 300m on a minimum of 2 waves.

- Controlling the speed of the craft according to the wave's characteristics. Using the wave's potential to increase the speed of the craft.
- Performing a variety of paddling strokes appropriate for the prevailing conditions (combination of accurate edge control and hard supporting strokes)

### **Performing twice the course designed in a K2**

The candidates should operate from both the bow and stern (one run each)

- Steady rhythm.
- Sustained speed.
- Pairs must demonstrate working together.
- Bow and stern paddlers should combine their efforts in waves and demonstrate effective communication to steer the boat on the right route.

### **Paddling straight forward in crosswind conditions**

A 200m straight line is marked with two buoys with a crosswind

- No loss of balance when crossing waves.
- Sustained speed.
- Moving straight.
- Control the drift.

### **Controlling a stop in following conditions**

- The boat is kept flat on water.
- The craft is positioned with regard to the wind direction.
- The marker should not be touched.

### **Ability to follow a compass bearing**

A 100m course in open sea should be previously determined with an angle of 30% to the direction of the wind

- The candidate manages to follow the course.
- Candidate monitors their compass bearing.

### **Controlling a stop in headwind conditions**

A marker is placed at a distance of 20m, facing the wind.

- The boat is kept flat on water.

- The candidate is looking towards the open sea.
- The craft is positioned with regard to the wind direction.
- The marker should not be touched.

### **Combining a failure to take off with a new entry to a wave**

Should be performed within a distance of 200m on a minimum of 2 waves.

- Controlling the speed of the craft according to the wave's characteristics.
- Performing a variety of paddling strokes appropriate for the prevailing conditions (combination of pro-active and reactionary strokes together with ruddering).

### **Positioning for a difficult start**

- The whole group of paddlers should be afloat by  $\frac{3}{4}$  headwind conditions.
- The crafts should be ideally positioned according to the starting procedures 2 starts should be organized.
- The candidate should be as close as possible to the first marker of the course.
- The starting line should not be crossed within the first minute.

### **Positioning according to the main opponents**

The whole group of paddlers should be in their boats by headwind conditions and ideally positioned according to the starting procedures and to the opponents.

The candidate should be next to their main opponents such as to have a clear look on their manoeuvres and the way they acquire the wave.

### **Ability to draw a route on a sea chart**

The candidate must be capable of drawing a route on a sea chart according to the indications given by the assessor: places to reach, buoys to turn, tide table...

### **Ability to draw a route on a sea chart**

- The candidate must be given a map of the area with no indication.
- The indications given by the assessor must be clear enough not to mislead the candidate.
- The assessor must use the actual names mentioned on the map (turn on the port side of the Fourmigués rock).
- The course should be around 12 nautical miles long and should require the use of a compass.
- The candidate must be able to measure the azimuths correctly.
- Every external condition has been taken into account to draw the ideal route (drift due to current, wind or tide).

## **SAFETY STANDARD**

### **Rolling**

Where the kayak is of appropriate design, candidate should be able to demonstrate a full 360 degree roll.

### **Hypothermia/First Aid**

Show a good understanding of immersion hypothermia, its causes and symptoms. Be able to deal with basic First Aid incidents such as a cut forehead or hand. It is recommended that candidates should hold a First Aid certificate.

## **Rescue and towing on the sea**

Candidates will rescue a capsized canoeist by a variety of methods. The candidate should also have a towing system and be aware of the need for flexibility and be able to drop and pick up the tow with ease. They should demonstrate single and multiple tows.

## **KNOWLEDGES STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as an \*intermediate competitor aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### **\* Intermediate Competitor**

A paddler who is at minimum Level 3 performance standard with a minimum of one season's competitive experience.

## **EQUIPMENT STANDARDS**

The following items, which must be both suitable and serviceable, must be presented for inspection:

### **Kayak, paddle and ancillary Equipment**

#### **Equipment**

K1 and K2 race boat. Decked or ski boats with rudder, wing paddle.

Kayaks must be outfitted appropriately for the use intended and suitable for carrying out rescues without trapping the hand. Safety lines and/or painters (if fitted) must be taut and not capable of becoming loose accidentally, or fouling the cockpit area. Fitted buoyancy must be securely fixed and fill all available space apart from cockpit in suitably customized 'general purpose' kayaks. Any ancillary equipment must be fit for purpose.

#### **Buoyancy aid**

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted; in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation.

#### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and water-proof outer garments.

#### **Additional Equipment**



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Candidate should be knowledgeable of additional equipment required during unsupported training sessions such as: simple First Aid kit and repair kit appropriate to type of kayak used, spare clothing applicable to the prevailing conditions and suitable to prevent hypothermia, simple compass; whistle, exposure (bivvy) bag, hydration system, paddle leash, waterproof bag(s).

## PADDLE SKI (ocean race) - LEVEL 5 - BLACK PADDLE

### Aim

Navigating in rough sea conditions (Force 4 wind with strong current).

### Location

Rough sea – Force 5 wind – strong current and possibility one metre waves (or higher).

### Equipment

K1 and K2 race boat. Decked or ski boats with rudder, wing paddle.

### Prerequisites

- Candidates should have an EPP Level 4 Paddle Ski Award (or equivalent).
- Candidates must have prior experience of 6 paddleski races in Force 4/5 conditions.

### TECHNICAL STANDARDS

#### Designing the ideal course

For 40 minutes approximately of course. In function of the paddling conditions, hazards should be taken into account

#### Performing a 40 minutes course in a K1

##### Start

- Launching - Paddling out to the open sea.
- No loss of balance.
- Right positioning on the starting line.
- Right timing to follow the starting procedures.

#### Performing the course (training demonstration)

- Steadiness.
- Ability to take advantage of the water conditions.
- Take off.
- Positioning strategy in relation to other competitors.
- Ideal positioning when we are going past the markers.

#### Landing back (beach landing)

- Final sprint.
- Efficient landing techniques.

#### Performing a 40 minutes course in a K2

##### Start

- Launching - Paddling out.
- Sound choice of the bow and stern paddlers.

- No loss of balance.
- Correct positioning on the starting line.
- Correct timing to follow the starting procedures.

### **Performing the course (training demonstration)**

- Steadiness.
- Ability to take advantage of the water conditions.
- Take off.
- Positioning strategy in relation to other competitors.
- Ideal positioning when they are going past the markers.
- The 2 candidates should demonstrate working together (synchronization).

### **Landing back (beach landing)**

- Final sprint.
- Efficient landing techniques.
- The candidates should disembark one after the other.

### **Two team relay race**

To be performed on a 15 minute course, with two teams racing, with a minimum of 3 paddlers. The members of each team should relay during the race.

- Clear arrangements are set before departure (within each team).
- Efficient take offs and fluent relays during the race.
- Each team should try to force its own rhythm on the other one.
- Marking the opposite team.

## **SAFETY STANDARDS**

### **Safety awareness**

Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling at this level. The candidate must demonstrate effective communication and interpersonal skills. Candidates should demonstrate an advanced skill and application of self and peer rescue such as:

### **Rolling**

Where the kayak is of appropriate design the candidate should be able to demonstrate a solid roll in the test conditions required.

### **Rescues and carries**

The candidate should demonstrate knowledge of boat based rescue in the test conditions, both as rescuee and rescuer and should be able to assist peers in a rescue situation.

### **Orienteering and map reading**

The candidate should demonstrate a high level of map and chart work, navigation and where appropriate, a thorough understanding of currents and tidal streams able to indicate places precisely

on a map and demonstrate accurate use of a compass and following a compass bearing.

## Equipment

The candidate's personal kit will be evaluated. Candidates must present with suitable personal equipment. Equipment should reflect the standard of the test and such things as the season, the ability of their companions and the difficulty of the waters to be paddled.

## KNOWLEDGE STANDARDS

Candidates should have an advanced understanding and knowledge of the physiological principles outlined below of paddlesport as they effect them as \*advanced competitors aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### \*Advanced Competitor

A paddler who is at a minimum Level 4 performance standard with a minimum of three season's competition.

## EQUIPMENT STANDARDS

The following items, which must be both suitable and serviceable, must be presented for inspection:

### Kayak, paddle and ancillary Equipment

Kayaks must be outfitted appropriately for the use intended and suitable for carrying out rescues without trapping the hand. Safety lines and/or painters (if fitted) must be taut and not capable of becoming loose accidentally, or fouling the cockpit area. Fitted buoyancy must be securely fixed and fill all available space apart from cockpit in suitably customized 'general purpose' kayaks. Any ancillary equipment must be fit for purpose.

### Buoyancy aid

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted; in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation.

### Personal clothing

Personal clothing should be appropriate to the expected conditions, and should include windproof and water-proof outer garments.

### Additional Equipment

Candidate should be knowledgeable of additional equipment required during unsupported training sessions such as: simple First Aid kit and repair kit appropriate to type of kayak used, spare clothing applicable to the prevailing conditions and suitable to prevent hypothermia, simple compass; whistle, exposure (bivvy) bag, hydration system, paddle leash, waterproof bag(s)

## SURF KAYAK & WAVESKI

### SURF KAYAK & WAVESKI - LEVEL 3 - BLUE PADDLE

#### **Aim**

Level 3 Surf Kayak & Wave Ski test holders are proficiency level surfers who show consistency with other competent levels of performance in moderate surf conditions at one half meter or 2ft. (approximately).

#### **Location**

The test should be held in moderate, preferably clean surf conditions on beaches with no particular hazards. It is recognised that clean surf is a rare commodity and thus candidates should be clear that they might have to be tested in less than ideal conditions.

#### **Equipment**

Any suitable surf kayak or wave ski and adapted paddle. The award is not craft specific - any suitable craft.

#### **Prerequisites**

Candidates for the EPP Level 3 Surf Kayak & Wave Ski Award should hold or be at the EPP Level 2 Kayak Award standard. Surfers at this level should be capable of linking the basic manoeuvres. This will mean an awareness of the 'shoulder' and the clear illustration of being able to surf the wave rather than the craft.

#### **TECHNICAL STANDARDS**

It would be desirable at this level for the candidate to have experience in moderate surf on a range of beaches. Ideally, two different areas should be included and a minimum of 10/2 hour sessions on moderate surf with at least 5 of these sessions in clean surf conditions.

#### **Paddle Out**

Dynamic and deliberate paddling technique should be evident, giving a clear demonstration of a strategy to reach the outside using appropriate techniques for the boat and prevailing conditions. This will include angles of attack, trimming, variations in speed and acceleration through breaking waves.

#### **Position and Take Off**

Candidate will give a clear demonstration of wave selection and positioning and surf an unbroken wave. The take off should be economical and reflect the position of the candidate in relation to the shoulder.

#### **Riding the Wave**

Once on a wave the candidate will be able to perform both pro-active and reactionary runs, both of which should show sound control of the boat and understanding of the wave's characteristics and potential. Throughout the run the surfer should show effective shifts in body weight, trunk rotation, use of a low brace rudder, and accurate edge control. Runs should include the following:

#### **Tracking diagonally / Diagonal run**

Directional control should be maintained by the combination of edge control and a down wave rudder to move across the face of the wave.

#### **Climbing and dropping**

The ability to run diagonally at varying heights on the face of a wave. Edge control and stroke combination should show an understanding of speeds and position on the face of the wave. The candidate should be able to vary the position up and down the face of the wave.

#### **Cut backs**

During a diagonal run a clear turn back towards the shoulder, and then away should be demonstrated. The rider should carve the initial turn and initiate the second turn using the shoulder.

#### **Full carving bottom turn**

A turn should be shown which combines consistency, speed, trim, and positive edge application to set



up a diagonal run.

### **Exiting the wave**

The surfer should show an exit from an unbroken wave when appropriate.

### **Broken Water Skills**

Show the control in broken water and an understanding of a positive end to the run. This could include flat spins.

### **Candidates will show satisfactory knowledge in the following areas**

- Safety factors and rescue techniques.
- Craft types, design and handling techniques.
- Equipment – design and choice.
- Weather and wave forecasting and beach morphology.
- Tides, Currents, Rips and Wind.
- Kayaks, uses and dangers.
- Etiquette and other water users.
- Local and general knowledge.
- Competition physiology and training.

## **SAFETY STANDARDS**

### **Rescue Techniques**

Candidates must be conversant with a range of surf rescue techniques, and will be able to demonstrate suitable choice and execution of these techniques in a range of conditions. Under normal circumstances this would include swimmer to canoeist and 'piggy' back rescues, the rescue of a swimmer in distress, assistance of surfers in a current, carrying of a torpedo buoy to a swimmer (surf kayak only), shepherding of a swimmer to shore and beach evacuation techniques.

### **Safety Awareness**

Candidates must demonstrate sound judgment of the elements of risk in a given surfing situation, being aware of what constitutes a safe paddling environment, including a clear system of communication under which a group can operate safely in the prevailing conditions.

Wave Ski riders should be able to demonstrate the ability to release their safety belt while underwater.

### **Swimming in sea**

Candidates should also be able to demonstrate both defensive and active swimming strategies in the sea.

### **Eskimo Roll**

Where the kayak is of appropriate design the candidate should be able to demonstrate a roll in the required test conditions. It is permissible to allow the candidate to set up before capsizing. A roll on one side only is required.

### **Take off the safe belt system (wave ski only)**

Candidate should be able to capsize and take off the safe belt system in a calm place on the sea.

## **EQUIPMENT STANDARDS**

Candidates will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidate's own. Where essential equipment is missing, the candidate should not be assessed.

The following items of equipment should be presented for inspection:

### **Boat and paddle**

The kayak used **MUST** be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. The Wave Ski must be fitted with a leash and safe belt system, and have no

rough edges.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions and candidates should be aware of the need to have spare clothing available. (Beach / Car park)

### **Appropriate PPE should be used for the boat and prevailing conditions**

Where a buoyancy aid is used it should be of minimum 50N inherent buoyancy. Helmets should provide adequate protection for the head and be securely fastened. The spray cover or boat must be fitted with an efficient release strap.

### **Emergency equipment for personal use**

This should be available and include: emergency food; whistle; exposure (bivvy) bag of minimum size 1.8m by 0.9m (6' by 3'); torch; flask of hot drink, line, simple First Aid kit, Emergency/spare equipment should be stored in appropriate waterproof kit bags, and be positioned at a point easily accessible to yourself and your party.

### **Spare clothing**

Adequate spare clothing should be available, applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia.

### **Waterproof Bags**

Emergency/spare equipment should be stored in appropriate waterproof kit bags, and be positioned at a point (i.e. on the beach) easily accessible to yourself and your party.

## SURF KAYAK & WAVESKI - LEVEL 4 - RED PADDLE

### Aim

Level 4 Surf Kayak & Wave Ski test holders are 'proficiency' level surfers who show a competent level of performance in moderate surf conditions up to 1m/3ft. A surfer at this level should have a basic working knowledge in, for instance, ski, competition kayak and recreation kayak and should present themselves for an assessment in an appropriate surf craft.

### Location

The test should be held in moderate, preferably clean surf, intermediate conditions (i.e. over 1m/3ft) on beaches with no particular hazards. It is recognised that clean surf is a rare commodity and thus candidates should be clear that they may have to be tested in less than ideal conditions.

### Equipment

Any suitable boat / surf kayak or wave ski with appropriate double bladed paddle.

### Prerequisites

Candidates for this level should hold the EPP Level 3 Surf Kayak & Wave Ski Award (or equivalent). Candidates should have experience in moderate surf conditions and a minimum of 2 different areas and 10 two hour sessions.

### TECHNICAL STANDARDS

To obtain the EPP Level 4 Surf Kayak & Wave Ski Award a participant must successfully explain and demonstrate the following techniques and skills at a higher level than that required at Level 3 and be capable of demonstrating any combination of strokes competently and efficiently in the above conditions.

#### Paddle Out

Dynamic and deliberate paddling technique should be evident, giving a clear demonstration of a strategy to reach the outside using appropriate techniques for the craft and prevailing conditions. This will include angles of attack, trimming, variations in speed and acceleration through breaking waves.

#### Position and Take Off

A clear demonstration of wave selection and positioning to allow the candidate to surf an unbroken wave. The take off should be economical and reflect the position of the candidate in relation to the shoulder.

#### Riding the Wave

Once on a wave the candidate will be able to perform both pro-active and reactionary runs, both of which should show sound control of the craft and understanding of the wave's characteristics and potential. Throughout the run the surfer should show effective shifts in body weight, trunk rotation, use of a low brace rudder, and accurate edge control. Runs should include the following

#### Tracking diagonally / diagonal run

Directional control should be maintained by the combination of edge control and a down wave rudder to move across the face of the wave.

#### Climbing and dropping

The ability to run diagonally at varying heights on the face of a wave. Edge control and stroke combination should show an understanding of speeds and position on the face of the wave. The candidate should be able to vary the position up and down the face of the wave.

#### Cut backs

During a diagonal run a clear turn back towards the shoulder, and then away should be demonstrated. The rider should carve the initial turn and initiate the second turn using the shoulder.

#### Full carving bottom turn

A turn should be shown which combines consistency, speed, trim, and positive edge application to set up a diagonal run.

## Exiting the wave

The surfer should show an exit from an unbroken wave when appropriate.

## Broken water skills

Show the control in broken water and an understanding of a positive end to the run. This could include flat spins and loops.

## Candidates will show satisfactory knowledge at this level in the following areas:

- Safety factors and rescue techniques.
- Craft types, design and handling techniques.
- Equipment – design and choice.
- Weather and wave forecasting and beach morphology.
- Tides, Currents, Rips and Wind.
- Kayaks, uses and dangers.
- Etiquette and other water users.
- Local and general knowledge.
- Competition physiology and training.

## SAFETY STANDARDS

### Rescue Techniques

Candidates must be conversant with a range of surf rescue techniques, and will be able to demonstrate suitable choice and execution of these techniques in a range of conditions. Under normal circumstances this would include swimmer to canoeist and 'piggy' back rescues, the rescue of a swimmer in distress, assistance of surfers in a current, carrying of a torpedo buoy to a swimmer, shepherding of a swimmer to shore and beach evacuation techniques.

### Safety Awareness

Candidates must demonstrate sound judgment of the elements of risk in a given surfing situation, being aware of what constitutes a safe paddling environment, including a clear system of communication under which a group can operate safely in the prevailing conditions. Candidates should also be able to demonstrate both defensive and active swimming strategies.

### Eskimo Roll

Because of the nature of surfing it is essential that candidates demonstrate an effective roll in Level 4 surf conditions.

## EQUIPMENT STANDARDS

Candidates will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidate's own. Where equipment is found wanting then the candidate should not be assessed.

The following items of equipment should be presented for inspection:

### Boat and paddle

The kayak used MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. The Wave Ski must be fitted with a leash and safe belt system, and have no rough edges.

### Personal clothing

Personal clothing should be appropriate to the expected conditions and candidates should be aware of the need to have spare clothing available. (Beach / Car park)

### Appropriate PPE should be used for the boat and prevailing conditions

Where a buoyancy aid is used it should be of minimum 50N inherent buoyancy. Helmets should provide adequate protection for the head and be securely fastened. The spray cover or boat must be fitted with an efficient release strap.

## Emergency equipment for personal use



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This should be available and include: emergency food; whistle; exposure (bivvy) bag of minimum size 1.8m by 0.9m (6' by 3'); torch; flask of hot drink, line, simple First Aid kit, Emergency/spare equipment should be stored in appropriate waterproof kit bags, and be positioned at a point easily accessible to yourself and your party.

## **Spare clothing**

Adequate spare clothing should be available, applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia.

## **Waterproof Bags**

Emergency/spare equipment should be stored in appropriate waterproof kit bags, and be positioned at a point (i.e. on the beach) easily accessible to yourself and your party.

## SURF KAYAK & WAVESKI - LEVEL 5 - BLACK PADDLE

### Aim

Level 5 Surf Kayak & Wave Ski test holders are surfers who can show a high level of performance in a variety of surf conditions. It is an appropriate test for candidates wishing to work with groups in advanced conditions above 1m/3ft.

### Location

This test should ideally be held in clean moderate to large surf conditions, (above 1m/3ft). It is recognised that clean surf is a rare commodity and thus candidates should be clear that they may have to be tested in less than ideal conditions.

### Equipment

Any suitable boat / surf kayak or wave ski with appropriate double bladed paddle. The award can be taken in either a wave ski or kayak, but it is expected that a surfer at this level should show knowledge and ability in the alternative craft.

### Prerequisites

A candidate for this award should hold the Level 4 Surf Kayak & Wave Ski Award (or equivalent). The candidate should give evidence of surfing a minimum of 12 x 2 hour sessions on large surf (in excess of 1m/3ft) at least three different surf beaches, with at least 5 of these sessions in clean surf conditions.

## TECHNICAL STANDARDS

Surfers will be able to link their manoeuvres in a fluid and dynamic manner. Their rides should show a complete understanding of the position and nature of the shoulder, using it to generate a range of manoeuvres. Riders will also be able to extract the full potential of a wave, combining outside and inside breaks, and work to gain length and variety within a run. Candidates for this award must demonstrate sound all-round ability, confidence and understanding of the surf available. Given the level of the test it may not always be possible to find conditions to assess a candidate.

Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling and be able to perform a suitable risk assessment of an unfamiliar beach.

The candidate will show a clear system of communication under which a group can operate safely in the prevailing conditions. Candidates should also be able to demonstrate both defensive and active swimming strategies in the surf.

There is a link between recreational and competition aspects of surfing at Level 5, and although it is recognized many surfers do not compete, the quality of performance implicit at this level has many similarities with its competitive counterpart.

### Paddle out

A dynamic paddle out should be illustrated showing an overall strategy, positioning, trimming, avoidance techniques and pacing suitable for the conditions.

### Positioning and take off

Good wave selection should be in evidence, showing accurate positioning, wave reading etiquette and patience. The take off will be economic and well timed, illustrating a variety of different craft angles and trims, setting the craft up for effective use of the steepest part of the wave.

### Riding the wave

The candidate will:

- Ride waves in both directions.
- Use the shoulder effectively.
- Link manoeuvres in a fluid and dynamic style.
- Complete top turns, cut backs and re-entries to maintain position on the shoulder.
- Complete regains, floaters and bouncers.
- The candidate should attempt: floaters, and aerials and demonstrate evidence of freestyle

manoeuvres pertinent to the craft under coaching from the assessor.

**Candidates will show satisfactory knowledge in the following areas:**

- Structure and organisation of surf within their country of residence.
- Safety and rescue techniques applicable to surf.
- Craft types, handling and manoeuvres.
- Weather and surf forecasting.
- Waveology and beach morphology.
- Surf etiquette.
- Competition - organisation/tactics.
- General and historical knowledge of paddle surfing.

**SAFETY STANDARDS**

Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling and to be able to perform risk assessment of an unfamiliar beach. The candidate will show a clear system of communication under which a group can operate safely in the prevailing conditions. Candidates should also be able to demonstrate both defensive and active swimming strategies in surf.

**Eskimo Roll**

Because of the nature of surfing it is essential that candidates demonstrate an effective roll in Level 5 surf conditions both on the paddle out and following a wipe out.

**Rescue**

Candidates must be conversant with an extensive range of rescue techniques, demonstrating good group control and beach management

## DOWNRIVER

### DOWNRIVER - LEVEL 3 – BLUE PADDLE

#### **Aim**

Moving in the main current, boat flat on water without anticipating the movement of water

#### **Location**

Grade II.

#### **Safety**

From a boat on the river and from the bank if needed.

#### **Equipment**

Single K1/C1 Racing river boat, flat or wing paddle

#### **Prerequisites**

Candidate must hold the EPP Level 2 Kayak or Canoe Award (or equivalent) and have logged experience of 3 races on a Grade II river.

### **TECHNICAL STANDARDS**

#### **Embarking in an eddy without assistance**

- Embarking without the help of the paddle.
- The eddy is clear and well marked.
- The boat in on the water. The candidate gets in (spray cover) without assistance, retrieves their paddle and does not lose their balance.
- The front end of the boat is upstream.

#### **Going into the current**

- Quick positioning of the boat downstream (as fast as possible).
- No upstream edging of the boat.
- Limit current/eddy slightly marked.
- The candidate uses their paddle to keep their balance.
- A half turn is performed without gliding beyond a downstream limit.

#### **Gaining speed**

- Establish a continuous increase in paddling rhythm.
- Line up downstream.
- Pushing on the foot blocks.
- Little current with little waves.
- Symmetrical paddling on both sides of the boat.



- Staying in the direction of the main current.
- The boat is gaining speed.
- No awkward strokes.

## **Keeping the cruising speed constant**

- Maintain speed and direction in waves along a distance of 50m.
- Looking for efficient support strokes.
- Breathing when in action.
- The blade of the paddle has to be well immersed in the water.
- The top hand is kept in a fixed position.
- No negative strokes or slowing of pace.
- Same paddling rhythm all along the course.
- Breathing rhythm paced on the paddling rhythm.

## **Turning to the left bank then to the right one.**

- Using mainly the paddle to turn the boat taking advantage of the waves on the water surface in Grade II river.
- Right timing of the strokes in relation with the waves sequence.
- No loss of balance.
- The turns should be effective and evident.

## **Rolling**

- Capsizing with some speed.
- Free choice about the side and the way to roll.
- There should be a calm site after the rolling zone.
- The roll should be performed in less than 3 attempts
- The candidate must not use the bottom to roll.

## **Deciding a route and following it.**

- The course is first read from the bank.
- The course has to be at least 200m long on a Grade II river.
- The candidate should know where the marks are and negotiate each of them.
- The planned route is followed with a difference not exceeding one metre.
- Right choice when planning the route according to the candidate's abilities.

- No slowing down actions.

## **Organizing the time keeping of a short training race**

- The course should be about 200m long.
- Working out a starting procedure.
- Getting organised so that time keeping is accurate.
- Time keeping should be repeated several times
- The starting procedure is relevant and clear
- The landmarks used as fixed spots by the timekeeper have been properly selected.

## **SAFETY STANDARDS**

### **Provide bank support to other paddlers**

Disembark, leave your boat and run in the upstream direction of the rapid in a safe and correct and supportive manner.

### **Swimming in Grade II water**

Candidates should understand and be able to demonstrate both defensive and proactive swimming in Grade II water.

### **Use of throw bag**

Knowledge of the use of a throw bag as a rescuee

### **Rescues and tows**

The candidate should demonstrate knowledge of boat based rescue as a rescuee and should be able to assist peers in a rescue situation.

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles outlined below of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation.

### **\* Novice Competitor**

A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition.

## **EQUIPMENT STANDARDS**

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray deck must be fitted with an efficient release strap.

### **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

## DOWNRIVER - LEVEL 4 – RED PADDLE

### Aim

Efficient control of the boat in a Grade III river.

Correct edging on each side of the boat.

### Location

On a Grade III river, demonstrate from a boat downstream on the river and from the bank if needed.

### Equipment

Single kayak or canoe – C1/K1, wing paddle.

### Prerequisites

The EPP Level 3 Downriver Award (or equivalent) and have logged experience of at least 6 downriver races on different rivers (Grade II/III).

## TECHNICAL STANDARDS

### Starting in the current

Bringing the boat to a stop in slow current with no waves prior to Grade III rapids, holding ground and facing downstream.

- The boat is kept balanced during a minimum of 10 seconds.
- Accurate paddling.
- No recovery strokes.

### Paddling through two Grade III rapids

- Emphasis on paddling: the propelling strokes should be smooth and symmetrical.
- The course should be at least 100m long.
- The boat should move faster than the current.
- No stops.
- Correct choice of the route.
- The route is followed as planned.

### Crossing the river from one bank to the opposite one.

- Moving on the limit line between a current and an eddy on one side then on the other.
- The boat should not lose speed when crossing a rapid with waves.
- Demonstrate using the hull of the boat to turn.
- Constant edging of the boat when turning.
- Continuous efficient paddling to propel the craft.

### Rolling

- Performing a full 360 roll in Grade III – One attempt only.

### **Moving upstream the section of a Grade II river**

- Moving upstream taking advantage of the eddies.
- The eddies should be of different types and clearly visible.
- Control of the stern.
- Only short stops are permitted.

### **Paddling back up a stopper (weir or step)**

- The weir should be about 30cm high.
- 2 attempts permitted.
- Candidate should paddle where water is deep.
- Candidate should use the water forces.
- Candidate should demonstrate boat edging.
- Candidate should use a full range of dynamic strokes.

### **Running a mock competition (Top level performing)**

- The course should be run four times with a start every 15 minutes.
- The candidate should be seen to prepare for the start of each level.
- The course should be on a Grade III river. It should be about 400m long.
- At the end of each run the time should not be more than 3 seconds above the scratch time.
- All 4 hours should be consistent with the first hour.

### **Checking the equipment of a boat**

- Pointing out fittings of the boat that do not fulfil the standards of the competition rules.
- Mention any possible risks before starting a trip downriver with a group.
- Demonstrate awareness of the regulation and official rules.
- Buoyancy and fittings etc.

### **SAFETY STANDARDS**

Candidate should show awareness of the risks and difficulties associated with paddling on moving water, and the position, which should be adopted if swimming in fast moving water.

### **Sling/Throw bag rescues**

Demonstrate throwing a throw bag to rescue a swimmer descending a Grade III rapid, 10m from the bank. The assessor should be satisfied that the rope would land over the swimmer, and that the rescuer would not be pulled off balance.

## **Rescues**

Candidate should demonstrate all three: X rescue / Curl rescue / Rescue of an unconscious paddler.

## **Rescue and tow as for white water**

The candidate should rescue a capsized canoeist by competently towing him or her distance of 10m on Grade III water. At least two forms of carry should be shown and the candidate should show knowledge of the advantages and disadvantages of both.

## **Hypothermia/First Aid**

Show a good understanding of immersion hypothermia, its causes and symptoms. Be able to deal with basic First Aid incidents - e.g., a cut forehead or hand – It is recommended that a candidate should hold a First Aid certificate.

## **Swimming in White Water**

Enter the water, swim actively across the river. Use currents and back eddies in Grade III.

## **Towing a swimmer against the current**

Call the attention of the swimmer, throw the rope using various techniques without immersing, good balance, throw the rope close to the swimmer (max 50 cm)

## **KNOWLEDGE STANDARDS**

Candidates should have an intermediate understanding and knowledge of the physiological principles outlined below of paddlesport as they affect them as competitors aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation.

## **\*Intermediate Competitor**

A paddler who is at a minimum Level 3 performance standard with a minimum of one season's competitive experience.

## **EQUIPMENT STANDARDS**

Candidates will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidate's own. Where essential equipment is missing, the candidate should not be assessed.

## **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing as well as footwear suitable to kayaking in a Grade III environment.

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of minimum CE approved 50N inherent buoyancy should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray cover must be fitted with an efficient release strap.

## DOWNRIVER - LEVEL 5 – BLACK PADDLE

### Aim

Effective and accurate control of the speed and direction of the boat on a Grade III river. Turning with anticipation. Moving through Grade IV sections

### Location

Grade III/IV river.

### Equipment

Single K1/C1, Wing bladed paddle.

### Prerequisites

The EPP Level 4 Downriver Award (or equivalent) and have logged experience with a down river boat of at least 6 different races minimum of 2 with Grade IV sections.

## TECHNICAL STANDARDS

### Embarking without assistance from an eddy

Embarking without the help of the paddle in a rough eddy. The boat is afloat with its front end facing upstream.

The candidate is able to get into the boat (spray cover), retrieve their paddle and maintain balance.

### Manoeuvring into the current

- Paddling on the off side such as to get back into a strong current with no waves.
- Appropriate ferrying angle to go in the direction desired.
- Sideways leaning of the upper body should be in evidence.
- The blade of the paddle should be deep in the water.

### Reverse paddling and stopping

- Slowing down one's boat in a Friendly and wide eddy.
- Reverse stopping / eddies out in a suitable eddy.
- No loss of balance.
- The manoeuvre should be fluent.
- Accurate stopping in the eddy.

### Gaining speed

- Manoeuvring back into a strong main current with no waves.
- Starting when told (Starting signal).
- Gaining speed on a distance of 40m.
- Using the appropriate dynamic supporting strokes with the blade deep and clear in the water.
- The top hand is kept in a fixed position (pivot).



- Gaining speed without losing the paddling efficiency.

### **Paddling down a Grade III section as the leader boat**

- The speed should be maintained in a Grade III rapid over a distance of not less than 50m, and should show directional changes.
- Right choice of the way and angle to get into and out of the rapid.
- The candidate should make the right choices to decide their route and anticipate the areas where water is moving faster or slowing down.
- The candidate should demonstrate a strong commitment to move forward.
- Anticipate key stroke action / side and timing.
- Using the water pressure on the hull to assist turning the craft.

### **Gaining speed whilst paddling out of a rapid**

- Positioning of the supports.
- Acceleration without altering the rhythm of the paddling.
- The candidate should be smooth and relaxed.
- Strong current with no waves and gentle water movements.
- The boat should quickly line up with the main current.

### **Overtaking another boat**

- The boat being overtaken should not change speed.
- The overtaking boat has only two attempts to go passed.
- The overtaking manoeuvre should be done on a 200 metre long section of Grade III water.
- The candidate who is overtaking should be well positioned such as to anticipate their acceleration.
- The overtaking candidate should show the capacity to react quickly i.e. the paddler taking advantage of a mistake (wrong route) of the boat being overtaken.
- The overtaking manoeuvre should not take more than 10 seconds.

### **Time keeping (intermediate)**

- At a given point of a race recording the intermediate times and ranking the competitors.
- Time keeping can be done either during a training course or a competition.
- The results are accurate (time keeping and ranking).

### **Rolling**

- Capsizing at high speed.

- Adapt breathing rhythm.
- The manoeuvre is polished and fluid.
- One trial as a maximum to perform.

## SAFETY STANDARDS

### Safety awareness

Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling. The candidate must demonstrate effective communication and interpersonal skills, displaying the ability to create the right atmosphere within the group so that honest decisions can be made as to whether to run or portage difficult rapids.

### Equipment

The candidate's personal and group kit will be evaluated. Candidates must present with suitable personal equipment, plus any additional equipment deemed to be appropriate to support a group in their charge. Equipment should reflect such things as the season, the ability of their companions and the difficulty of the waters to be paddled. Borrowed equipment will be assessed as if it were the candidate's own. The candidate should be aware that on the level of water being paddled, having too much equipment could be nearly as hazardous as having too little.

## KNOWLEDGE STANDARDS

Candidates should have an advanced understanding and knowledge of the physiological principles outlined below of paddlesport as they effect them as \*advanced competitors aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation.

### \*Advanced Competitor

A paddler who is at a minimum Level 4 performance standard with a minimum of three seasons competition.

## FREESTYLE

### FREESTYLE - LEVEL 3 - BLUE PADDLE

#### Aim

Moving in on and out of a wave. Freestyle with the boat flat on the water.

#### Location

Selected Grade II / III section.

#### Equipment

Freestyle Canoe or Kayak with appropriately adapted paddle

#### Prerequisites

EPP Level 2 Canoe or Kayak Award (or equivalent) and 3 prior freestyle sessions in Grade II / III conditions and 1 freestyle course

#### TECHNICAL STANDARDS

##### Embarking without assistance in an eddy

- Embarking without the use of the paddle in a clear and well-marked eddy.
- The boat must be turned front facing upstream. The candidate should get into the boat (spray cover) and retrieve one's paddle without assistance.

##### Achieving a set course

- Going downstream the course through four given spots.
- The course: 150m long with 4 set clearly marked positions either by buoys, gate poles or natural elements. To be done in only one run without any stop.
- Only one trial possible. The boat should not stop during the run.
- No breaking actions to direct the boat and/or to get back to the right path.
- Using the bottom of the wave in any diagonal run.
- Paddling downstream between the markers of the set places.

##### Bringing the boat in a standstill

- Using the blade of the paddle on the left or right hand side of the boat to bring it in a standstill (stationary position).
- This should be performed within a 50 m long course with clear eddies.
- The candidate should use the eddy to stop one's boat.
- Candidate should use the position of the boat in the current to bring it to a stop.
- Candidate should announce the place where he's going to stop
- The boat should be close to a vertical position during the standstill (The angle boat/water should not be less than 65°).

## Positioning/Tracking diagonally

- Getting and staying in the wave from a side angle of attack.
- Good wave selection should be in evidence with at least one eddy on one side 2 attempts permitted.
- Staying 30 seconds in the wave without getting out.

## Riding the wave

Announcing 2 different figures (value 450 points) and demonstrating them within 1 minute. Use of a stopwatch. The candidates may be "thrown out" of the wave. The candidate should manage to perform the 2 announced figures. They should turn using the shoulders. They should end every attempt, 2 attempts permitted.

## Eskimo Roll

Turning the boat upside down in the wave or the breaker and getting it back to an upright position. There must be a calm recovery zone next to the place where the Eskimo Roll is performed. The zone limits should be marked at a distance of 20m after the wave 2 attempts permitted.

## Control of the boat when riding the wave

Tracking diagonally down wave seeking and performing the manoeuvres that will allow you to face the wave, take off and climb. Setting the craft up the steepest part of the wave using the shoulder. This is to be done twice diagonally to the right and once diagonally to the left. The candidate should control the craft angles, edge and trim such as to avoid capsizing and getting out of the wave.

The candidate should not look at their craft. The candidate should seek for the most suitable sections of the wave (characteristics and potential) to facilitate the turn of the boat. Recovery strokes should be used to vary the position of the boat and enhance turning. The boat is turning within 30 seconds.

## Theory.

Candidate must show an appropriate understanding of freestyle philosophy and best practice at Level 3.

## Time Judge

Start and stop time keeping (stop watch -1 minute) for the runs of 2 paddlers. The time keeper should be facing the waves and be positioned at the most relevant place.

The judge should start the watch when the candidate comes to the wave. They announce the 10 last seconds. They stop the watch after one minute.

## SAFETY STANDARDS

### Rolling

As per technical standard 6

### Swimming in Grade II water

Candidates should understand and be able to demonstrate both defensive and pro-active swimming in Grade II water.

### Use of throw bag

Knowledge of the use of a throw bag as a rescuer.

### Rescues and tows

The candidate should demonstrate knowledge of boat based rescue as a rescuer and should be able to assist peers in a rescue situation.

## KNOWLEDGE STANDARDS

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy systems
- Warm-up / cool down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength training and conditioning
- Mental preparation.

### \* Novice Competitor

A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition.

## EQUIPMENT STANDARDS

### Buoyancy aid, helmet and spray deck

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray must be fitted with an efficient release strap.

### Kayak and paddle

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

### Personal clothing

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

## FREESTYLE - LEVEL 4 - RED PADDLE

### Aim

Riding a wave or a stopper anticipating and using the water forces. Trying to gain speed performing figures on the side of the boat.

### Location

Set course Grade III with a stopper and wave.

### Equipment

Freestyle canoe or kayak with adapted paddle

### Prerequisites

Candidate should hold the EPP Level 3 Freestyle Award (or equivalent), have at least 1 freestyle session in 5 different Grade III sites, and completed at least 2 courses of freestyle instruction.

## TECHNICAL STANDARDS

### American start

Paddling to the wave without losing balance. Jumping over a 50cm high wave with no capsizing.

### Running a course

Going through 6 gates and touching with the paddle a marker placed on the course.

- The course: 150 m long with 6 gates clearly marked either by buoys, gate poles or natural elements where the speed of the boat is reduced. The object used as a marker should be placed one metre above the water level.
- The boat should not stop during the run. Constant speed of the boat.
- The candidate must go downstream through each gate in the proper order.

### Performing manoeuvres in the current

Bringing one's boat to a standstill and turning it 360° clockwise and anti clockwise - Performing a forward bow stall

- Within a 100 m course.
- Between the limits of small eddies.
- Downstream without any obstacles.
- The boat is kept close to a vertical position and is turned 360°.
- To perform the standstills, the candidate should apply a low brace behind hips and in the same time gradually edge their craft.
- The bow stall figure should be kept during a minimum of 5 seconds.

### Performing a wave wheel/ (Tip turn)

Manoeuvre assessed between two waves. Using the crest of the wave to pivot and perform the wave wheel, (lip turn). 2 attempts permitted. The boat should be at an angle not less than 70°.

### Positioning and take off

Good wave selection, accurate positioning and avoidance techniques. Coming from upstream and staying in the wave or in the tube. Combined use of trimming and edging such as to stay in the wave. The candidate should be able to ride a wave for 45 seconds.

## Performing manoeuvres in a wave and stopper

- Performing manoeuvres such as to score 1200 points within a minute.
- The candidates may wipe out. 2 attempts are possible.
- The candidate gets their balance using side slides to combine top and bottom turns. The surfer is steering the craft using their upper body.
- To score points, the surfer should announce the 3 different manoeuvres they are sure to perform in the ride. If the surfer fails, whilst performing a manoeuvre, they must turn back in the wave.

## Eskimo Rolls on both sides

- The surfer should capsize in the wave and come back to an upright position after a roll on the left then on the right.
- There should be a calm area next to the place where the rolls are performed.
- Does not use the bottom when rolling.
- The rolls are performed one after the other taking into account the water.
- Conditions and external circumstances: moderate surf conditions (unbroken wave).

## Positioning the boat in a wave

- After paddling backwards the candidate should find and perform all the necessary actions to stay on top of a wave.
- In the bottom of a small wave. The candidate applies a low brace in front of their hips and edges their craft into the wave such as to position it on top of the wave. The candidate should look behind and anticipate the time when their craft is going to slide down the face of the wave. The candidate should avoid digging in the wave by tilting and trimming the boat.
- The surfer should look for the areas where sufficient energy is available to propel the craft on top of the wave.
- Whilst paddling backwards, the candidate should use their paddle as a rudder.
- The blade of the paddle should be on the side where candidate plans to go.
- The candidate is relaxed.
- Paddling backwards does not cause any loss of balance or any uneasiness in their actions particularly their body rotations.

## Run Judge

- Run judge should find the best place to judge the run of 2 surfers and be able to give the names of at least 2 manoeuvres performed.
- The judge should be positioned on the most suitable bank.
- The choice of the place should allow a clear marking of all the manoeuvres.
- The judge is able to give the name of at least 1 manoeuvre performed by each candidate.

## SAFETY STANDARDS

Candidate should show awareness of the risks and difficulties associated with paddling on moving water, and the position, which should be adopted if swimming in fast moving water.

## **Sling/Throw bag rescues**

Demonstrate throwing a throw bag to rescue a swimmer descending a Grade III rapid, 10m from the bank. The assessor should be satisfied that the rope would land over the swimmer, and that the rescuer would not be pulled off balance.

## **Rescues**

Candidate should demonstrate all three: X rescue / Curl rescue / Rescue of an unconscious paddler

## **Rescue and tow as for white water**

The candidate should rescue a capsized canoeist by competently towing him or her distance of 10m on Grade III water. At least two forms of carry should be shown and the candidate should show knowledge of the advantages and disadvantages of both.

## **Hypothermia/First Aid**

Show a good understanding of immersion hypothermia, its causes and symptoms. Be able to deal with basic First Aid incidents - e.g., a cut forehead or hand – It is recommended that a candidate should hold a First Aid certificate.

## **Swimming in White Water**

Enter the water, swim actively across the river. Use currents and back eddies in Grade III.

## **Towing a swimmer against the current**

Call the attention of the swimmer, throw the rope using various techniques without immersing, good balance, throw the rope close to the swimmer (max 50 cm)

## **KNOWLEDGE STANDARDS**

Candidates should have an intermediate understanding and knowledge of the physiological principles outlined below of paddlesport as they effect them as an \*intermediate competitor aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

## **\*Intermediate Competitor**

A paddler who is at minimum Level 3 performance standard with a minimum of one season's competitive experience.

## **EQUIPMENT STANDARDS**

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray must be fitted with an efficient release strap.





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## **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

## **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

## FREESTYLE - LEVEL 5 – BLACK PADDLE

### Aim

The surfer controls their craft in the surf and is able to efficiently complete various manoeuvres.

### Location

### Equipment

Freestyle canoe or kayak with adapted paddle

### Prerequisites

Candidate should have the EPP Level 4 Freestyle Award (or equivalent), prior experience of at least 1 freestyle session in 7 different Grade III / IV sections, and have participated in no less than 3 freestyle courses.

## TECHNICAL STANDARDS

### Embarking in rough conditions

- Embarking without the use of the paddle from a choppy eddy.
- The candidate should get into their boat (spray cover) and retrieve their paddle.
- No capsizing.

### Running a course

- Going through six gates and combining during the run a 360° turn around the pole of a slalom gate together with a 200 m long forward bow stall.
- The candidate should not look back when moving or performing manoeuvres.
- The speed must be good and consistent particularly in the key manoeuvres.
- The supporting strokes should be quick and powerful such as to induce the following manoeuvre.
- The blade of the paddle should be planted behind the waves to propel the craft with the most efficient paddling.

### Performing manoeuvres in the current

- Performing a reverse bow stall and a clean cart wheel.
- Within a 100m course in the main current in an eddy.
- The boat is kept close to a vertical position for the reverse bow stall.
- The bow stall figure should be kept during a minimum of 5 seconds.
- During the Cart Wheel manoeuvre, the candidate manages to control the balance of the craft and does not have to use the paddle.

### Performing manoeuvres in a wave or stopper

- Performing manoeuvres such as to score 2000 points within a minute and a half the boat never stops.

- Highest possible speed when performing the manoeuvres.
- The candidate is able to read the wave when moving backwards as well as during forward paddling.
- There are no unnecessary strokes.

### **Performing manoeuvres in a wave or stopper**

- The supporting strokes are quick and powerful.
- The surfer uses a short flat bottom craft adapted to their size and to the wave conditions.
- To score points, the surfer should announce 5 different manoeuvres they plan to perform.
- If the surfer fails, while performing a manoeuvre, they must combine with the next one without any stop or repositioning.

### **Eskimo Rolls in the wave**

- The surfer should capsize in the wave and come back to an upright position after a roll in a breaking wave.
- To be done twice after a stationary break.
- The breaking wave must be chosen with enough depth to roll.
- 2 attempts are possible.
- The surfer should not be wiped out between the two rolls.

### **Positioning the boat in a wave.**

- A candidate has been wiped out of the wave.
- The time left is only 15 seconds with 500 points to score.
- According to candidate's positioning and the wave, what are the manoeuvres that can be performed to score the missing points.
- The candidate is speeding back to the wave (quick sprint).
- Best choice of the entry point to the wave for the take off in relation with their positioning and the energy of the wave.
- Right choice of the manoeuvres to be performed in order to score 500 points.
- 2 attempts are possible.

### **Judging the race and a freestyle run of a candidate**

- Choosing the best possible place to watch the section of a set course and check whether the candidate is going through the gates or not.
- Using the official documents and methods of assessment to judge the run of a candidate.
- To be done twice if the gates are far from one another.

- The judge should be provided with the official judging documentation.
- They should check the gates of the course.
- They should fill the run sheet clearly.
- They should total up the points scored on a freestyle run (no error permitted).

## SAFETY STANDARDS

### Safety awareness

Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling. The candidate must demonstrate effective communication and interpersonal skills, displaying the ability to create the right atmosphere within the group so that honest decisions can be made as to whether to run or portage difficult rapids.

### Equipment

The candidate's personal and group kit will be evaluated. Candidates must present with suitable personal equipment, plus any additional equipment deemed to be appropriate to support a group in their charge. Equipment should reflect such things as the season, the ability of their companions and the difficulty of the waters to be paddled. Borrowed equipment will be assessed as if it were the candidate's own. The candidate should be aware that on the level of water being paddled, having too much equipment could be nearly as hazardous as having too little.

## KNOWLEDGE STANDARDS

Candidates should have an advanced understanding and knowledge of the physiological principles outlined below of paddlesport as they affect them as advanced competitors aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### \*Advanced Competitor

A paddler who is at a minimum Level 4 performance standard with a minimum of three seasons competition.

## SLALOM

### SLALOM - LEVEL 3 – BLUE PADDLE

#### Aim

Ability to run a simple slalom course as described below without touching the gates.

#### Location

Course on Grade II/III water.

#### Equipment

Slalom canoe or kayak with appropriate paddle

#### Prerequisites

Candidate should have the EPP Level 2 Kayak or Canoe Award (or equivalent)

#### TECHNICAL STANDARDS

##### Organization

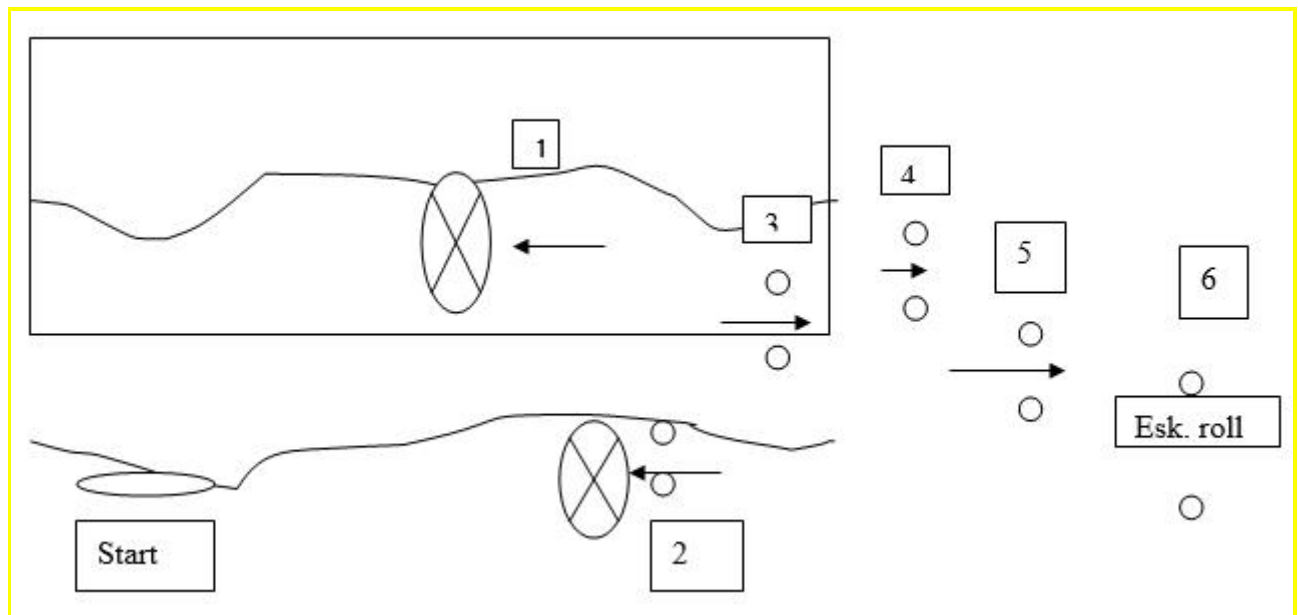
6 to 8 Gates, they are numbered.

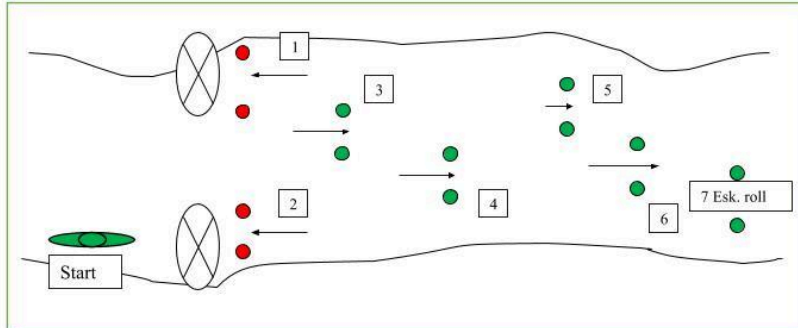
##### Safety measures

Safety ropes should be within reach, no less than 60m long and not more than 100m

##### The course

2 clear eddies (one on the right and one on the left). Red gates placed in the eddies on the same level - 1 gate to mark the Eskimo Roll zone and a warm down area at the end of the course.





## Placing and adjusting 3 gates from a boat on the water

- Adjusting the height.
- The poles must be suspended on a hauling line according to the water and official regulations.
- For each of the 3 gates, the lower end of the poles should be 20 cm at least above the water and the pole must not be put in motion by the water.

## Running the course

3 attempts possible

- The course is run smoothly, the gates being negotiated in numerical order.
- First run: a maximum of 2 poles touched.
- Second run (if needed): only one pole touched.
- Third trial: no penalty allowed.

## Negotiating 2 gates where upstream paddling (after a stop) are necessary

- Stopping the boat to a stationary position once on the left and once on the right.
- The gates are placed in the middle of eddies at the same level.
- Negotiating the gates upstream.
- No stop when getting in the eddies.
- No loss of balance.
- Combined propelling strokes.

## Negotiating 4 gates positioned slightly out of line in the main current

- Placing the boat downstream.
- Anticipating the direction of the boat.

- Negotiating the gates downstream.
- No slowing down actions.
- Boat properly positioned before negotiating the gate.
- Change of rhythm.
- Combined actions with the boat and paddle to run the best route.

## **Eskimo Roll in the current after a gate**

- After the last gate, the gate is placed in a Grade II stream. Successful Eskimo Roll (full roll).
- No touching of the bottom of the river.
- Grade II river.

## **Memorizing the course**

- After having heard a description of the new course and having observed it in situ the candidate should be able to memorize it in 5 minutes time.
- Running the course whilst anticipating the negotiations of the gates, with measuring time
- The gates are negotiated in numerical order
- With a special organisation: the main current (left and right)..

## **SAFETY STANDARDS**

### **Provide bank support to other paddlers**

Candidate disembarks, leaves boat safe and runs in a safe and correct and supportive manner.

### **Swimming in Grade II water**

Candidate should understand and be able to demonstrate both defensive and proactive swimming in Grade II water.

### **Use of throw bag**

Knowledge of the use of a throw bag as a rescuer

### **Rescues and tows**

The candidate should demonstrate knowledge of boat based rescue as a rescuer and should be able to assist peers in a rescue situation.

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport, awareness of doping behaviour.

### **\* Novice Competitor**

A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition.

## **EQUIPMENT STANDARDS**

### **Buoyancy aid, helmet and spray deck**



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A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray deck must be fitted with an efficient release strap

## **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

## **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

**[updated june 2018]**



## SLALOM - LEVEL 4 – RED PADDLE

### Aim

Ability to run a slalom course anticipating the negotiation of gates and building up a race strategy based on the observation of the course and movements of water.

### Location

Grade III river with 4 eddies (2 on the left side and 2 on the right side). Distance: not less than 120m in length and not more than 200m.

### Equipment

Slalom canoe or kayak with appropriate paddle

### Prerequisites

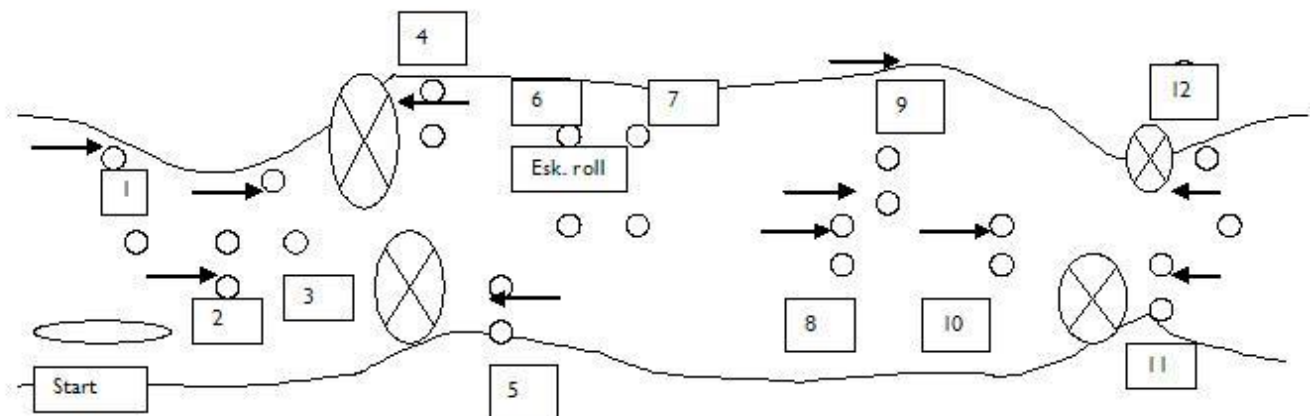
Candidate should hold EPP Level 3 Slalom Award (or equivalent) and have participated in a minimum of 6 slalom competitions.

### TECHNICAL STANDARDS

- 12 Gates, 4 being placed in eddies. (2 in the eddies and 2 at the limit main current/eddies).
- A sequence of 6 gates must be positioned close to each other and out of line one from the other.
- The last gates must be facing one another and placed at a distance of 10 m. 2 gates should be suspended on a hauling line.

### Safety measures

Having a throw line and a warm down area at the end of the course.



### Positioning 2 gates from the bank

- Placing the 2 gates suspended on the hauling line such as indicated by the assessor.
- The poles of the gates are on the bank.
- The candidates are given a diagram of the course.
- They should position the poles to place the gate according to the diagram.

- Placing 2 gates in the right positions (see diagram).

## **Adjusting the 10 other gates from the bank**

- Adjusting the height according to the water and official regulations the poles must be suspended on a hauling line.
- The lower end of the poles should be 20 cm at least above the water and the pole must not be put in motion by the water.

## **Running the course**

Two runs:

- Continuous and smooth run.
- First run: 2 point penalty as a maximum.
- Second run (if needed) with no penalty.

## **Negotiating close gates out of line**

- Negotiating 4 gates downstream.
- The gates are positioned downstream in the main current.
- The gates are negotiated downstream, without touching.
- Boat should maintain consistent speed with no stopping.

## **Negotiating two gates after a stop in an eddy**

- Moving smoothly from a left stop to a right one.
- The gates are clearly positioned in moving eddies.
- Smooth wide turn between two gates.
- Negotiating the gates upstream.
- No stop in the eddies.
- No loss of speed when moving from one eddy to the other.

## **Eskimo Roll in the current between 2 gates**

- Capsizing in the first gate.
- The two gates are placed one after the other in a Grade III section.
- Successful Eskimo Roll.
- No touching of the bottom of the river.
- Upright position before the second gate.

## **Negotiating four close gates out of line**

- The gates are positioned downstream in the main current.
- The gates are negotiated downstream, without touching.
- Boat should maintain consistent speed with no stopping.

## **Negotiating two gates after a stop at the limit main current/eddy**

- Moving smoothly from a left stop to a right one.
- Paddling inside the curve to negotiate the gates.
- No loss of balance.

## **Negotiating two gates after a stop at the limit main current/eddy**

- Negotiating the gates upstream.
- No stop in the eddies.
- No loss of speed when moving from one eddy to the other.

## **Running an unknown course**

- The slalom has been designed without the candidates knowing.
- Boat should maintain consistent speed with no stopping.
- The boat speed is faster than the current.
- Only one touch.
- One attempt.

## **SAFETY STANDARDS**

Be aware of the risks and difficulties associated with paddling on moving water, and the position, which should be adopted if swimming in fast moving water.

## **Sling/Throw bag rescues**

- Demonstrate throwing a throw bag to rescue a swimmer descending a Grade III rapid, 10m from the bank
- The assessor should be satisfied that the rope would land over the swimmer, and that the rescuer would not be pulled off balance

## **Rescues**

All three should be performed: X rescue / Curl rescue / rescue of unconscious paddler

## **Rescue and tow as for white water**

- The candidate to rescue a capsized canoeist by competently towing him or her distance of 10m on Grade III water

- At least two forms of carry should be shown and the candidate should show knowledge of the advantages and disadvantages of both

## **Hypothermia/First Aid**

- Show a good understanding of immersion hypothermia, its causes and symptoms
- Be able to deal with basic First Aid incidents - e.g., a cut forehead or hand
- It is recommended that a candidate should hold a First Aid certificate

## **Swimming in White Water**

- Enter the water, swim actively across the river
- Use currents and back eddies in Grade III.

## **KNOWLEDGE STANDARDS**

Candidates should have an intermediate understanding and knowledge of the physiological principles outlined below of paddlesport as they affect them as competitors aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### **\* Intermediate Competitor**

A paddler who is at minimum Level 3 performance standard with a minimum of one season's competitive experience.

## **EQUIPMENT STANDARDS**

### **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing as well as footwear suitable to kayaking in a Grade III environment.

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn.



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Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray must be fitted with an efficient release strap.

## SLALOM - LEVEL 5 – BLACK PADDLE

### Aim

Ability to run a slalom course using the best appropriate techniques to get the most efficient and fast run through the gates. The technical choices must be fast and must cope with the course design and water movements.

### Location

White water - Grade III/IV river. If the course is on a Grade III river, its design should be hindered (gates positioned closer one from the other).

### Equipment

Proper slalom canoe or kayak and appropriate paddle

### Prerequisites

Candidate should hold EPP Level 4 Slalom Award (or equivalent) and prior experience in at least 6 different Grade III/IV slalom races

## TECHNICAL STANDARDS

### Organization

18 Gates as a minimum and no more than 20. 6 gates should be positioned upstream (To negotiate these gates the competitor is forced to find a technical strategy using reverse techniques). There must be a strategically placed, competently staffed throw line; and a warm down area at the end of the course. Distance: No more than the current maximum race standard.

### Designing a course

- The candidate should design a course compliant with the current competition rules.
- The course should be drawn on a map of the river.
- The candidate should explain their choices in relation with the water movements providing the candidate with a map of the river without any gate positioned.
- The design of the course should take into account the water movements.
- Gates are well distributed along the selected section of the river.
- Balance the number rotation at left and right.

### Running a slalom race

- The course must be done twice (2 runs) with no penalty.
- If there are point penalty in one of the two runs, a third run is necessary to calculate the result.
- The race should be first run by an advanced competitor.
- The design should be equivalent to an advanced race with two tactical manoeuvres as a minimum.
- Three possible runs, two without penalty points.
- The time of both runs should be lower than that of an advanced paddler + 20%.

### Eskimo Roll

- Rolling between 2 gates.
- The distance between the 2 gates should be no longer than 10m.
- No drifting.

## Reading the course

- Before starting the race, the candidate should determine their technical choices and analyse the design of the course such as to anticipate two possible alternative manoeuvres if needed.
- Individual interview: the candidate is able to present and explain their technical choices the paddler's choices are made to gain time.

## SAFETY STANDARDS

### Safety awareness

- Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling at this level.
- The candidate must demonstrate effective communication and interpersonal skills.

## Equipment

- The candidate's personal kit will be evaluated.
- Candidates must present with suitable personal equipment.
- Equipment should reflect the standard of the test and such things as the season, the ability of their companions and the difficulty of the waters to be paddled.

## KNOWLEDGE STANDARDS

Candidates should have an advanced understanding and knowledge of the physiological principles outlined below of paddlesport as they affect them as \*advanced competitors aspiring to higher level performance.

- Growth and Development
- Gender differences
- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### \*Advanced Competitor

A paddler who is at a minimum level 4 performance standard with a minimum of three seasons



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competition.



## WHITE WATER KAYAK

### WHITE WATER KAYAK - LEVEL 3 – BLUE PADDLE

#### Aim

Kayak safely on rivers of Grade II difficulty as a member of a group of peers. Be capable of negotiating obstacles on a river of Grade II difficulty, assist in rescues and foster further participation in kayaking. Successful performance at this level indicates that paddlers can consider themselves as intermediate canoeists rather than beginners.

#### Location

The Level 3 Assessment should take place on Grade II water. The assessment should take place on a journey of approximately 3 hours travelling time or at least 5 km.

#### Equipment

Any kayak with a non down river cockpit and a double bladed paddle.

#### Pre-requisites

Candidates must have passed the EPP Level 2 Kayak Award (or equivalent) and have experience of 3 journeys undertaken in Grade II conditions – minimum 3km each journey.

#### TECHNICAL STANDARDS

Candidates for the EPP Level 3 Kayak Award will be required to demonstrate that they can perform skills identified in the EPP Level 2 Kayak Award in a Grade II environment.

#### Understanding the river and planning

1. Ability to identify features and hazards on a grade II rapid, and plan a safe line.
2. Ability to obtain and apply a weather forecast to their trip planning
3. Ability to seek out water level information from various sources.

#### Communication

1. Ability to communicate in a group of peers both verbally and signs on the river.

#### Lifting, carrying and launching

1. Demonstrate good safe lifting and carrying techniques appropriate to getting a kayak from or to a car roof rack or a trailer, with assistance if available and safely securing using a rope and or straps.
2. Any practical system is acceptable but must use an efficient, recognized knot.
3. The candidate should be able to launch safely and efficiently from any reasonable launching spot.

#### Forward paddling

1. A competent demonstration of forward paddling throughout the day trip, using strokes, which should be effective, efficient and biomechanically safe
2. Throughout the test, the candidate should demonstrate the elements of good paddling technique showing a committed catch, good rotation, leg drive, upright comfortable posture at a fast cruising pace while maintaining accurate control of the kayak.
3. Common sense should be applied when judging paddling technique taking into account variation in physique and personal style.

#### Reverse

1. Accurate and efficient backward paddling in a straight line over 3 metres

## Turning while on the move

1. Quickly turn the kayak with a minimum loss of forward speed by means of a low brace turn and by a bow rudder.
1. Carving Turn. Moving at speed the paddler initiates the turn using a sweep and then leans the boat onto its inside rail to hold the turn in a carving arc. Inside strokes are used as support and to propel the boat in the turn.

## Bow rudder

1. The intention is to indicate that the kayak can be pivoted around the paddle. The turn is to be induced by applying a sweep stroke on the opposite side to the turn. The blade should then be planted in the water at a comfortable distance from the bow, about level with the knees, with the drive face towards the boat but the leading edge angled away from the bow. Trunk rotation should be in evidence, the top arm across the top of the forehead. The blade is drawn towards the boat and can finish by converting into a forward stroke..

## Moving sideways, both static and on the move

1. Move the kayak sideways in both directions by means of sculling draw, draw on the move and hanging draw.
2. Sculling draw: Body well rotated. Paddle shaft vertical, blade deep in the water. An effective sideways movement must be in evidence without the kayak turning.
3. Draw on the move: While the kayak is moving forward, the boat is to be pulled sideways from its course without turning (as if to avoid an obstacle) using a draw stroke.
4. Hanging draw: The kayak is to be moved sideways over a greater distance than that of a draw stroke on the move. With the kayak moving forward at a good speed, the paddle should be placed out to the side, level with or just behind hip, the kayak should move sideways without the paddle moving in relation to the boat, or the kayak turning (It may be necessary for the bow to be held at a slight angle away from the paddle).

## Supporting

1. Candidates should possess a range of support techniques in order to maintain balance in varied circumstances. Demonstrations should include low and high recovery strokes as well as low and high sculling for support on both sides.
2. Sculling for support: The paddle is to be kept low, nearly horizontal, with evidence of confident committal sculling brace to the paddle.
3. Recovery strokes: Both high and low recovery strokes are demonstrated with the kayak well off balance. To be performed on the move, and forward paddling to be maintained thereafter.

## Edging

### Stopping and reverse ferry gliding

1. Stopping and reverse ferry gliding should be used to alter the candidate's position on the river with a view to selecting a suitable line down a rapid and also for avoiding obstacles. The candidate's demonstration should also include the safe negotiation of bends where the main current sets under trees.

While demonstrating reverse ferry gliding, it is not envisaged that the candidate need enter and leave the main current, but rather that they should be able to perform the manoeuvres while in the main current.

## Breaking out

1. Breaking out of the main current into eddies should demonstrate anticipation and early positioning, and the use of appropriate strokes throughout the manoeuvre. The candidate should also demonstrate the correct speed and angle of approach, together with a positive and early grip of the stationary water in the eddy. The kayak should come to rest high up the eddy, just inside the eddy line and parallel to it.

## Breaking in

1. This manoeuvre will be achieved by resolving such factors as speed of current, size of eddy, tilt and the desired position in the river after the break in. Initial positioning in the eddy and the angle of exit allied to the correct speed and degree of edging should be evident and appropriate for the particular eddy. Be aware of a charge out that ends with either a stall in mid-current or an inadvertent entry into an eddy on the opposite bank.

## Upstream (forward) ferry gliding.

1. The candidate should aim to cross a consistent and moderate Grade II flow that is 10m wide without any loss of height, or a 20m wide flow with no more than a kayak length loss. Allowance needs to be made for the specific water conditions. It is important that the ferry angle is appropriate and maintained through the manoeuvre.

## Surf waves

1. The candidate should show an ability to cross the current using a small wave (a 30 cm or 1 foot wave is more than adequate).

## Paddle into and out of small stoppers

1. It is crucial that the candidate can recognize 'friendly' stoppers. Having identified such a stopper, the candidate should be able to paddle into it and then leave it. An upright body position with a smooth but lightly held brace is important, the boat having a small but steady downstream edge. The brace should be active i.e. supporting and paddling the candidate either forward or backward towards the end or the break in the stopper. The candidate's ability to recognize friendly or difficult stoppers (particularly in weirs) is more important than the ability to be able to perform well in them.

## Group skills

1. Navigate a rapid or stretch of grade II as a group of peers, showing ability to plan, communicate and maintain safety.

## SAFETY STANDARD

### Buoyancy aid, helmet and spray deck

A buoyancy aid of the applicable 50N minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spraydeck must be fitted with an efficient release strap

### Kayak and paddle

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

### Personal clothing

Personal clothing should be appropriate to the expected conditions, and should include

windproof and waterproof clothing.

## **Rolling**

1. The candidate should be able to demonstrate a roll in the flow. It is permissible to allow the candidate to set up before capsizing. A roll on one side only is required.

## **Swimming in Grade II water**

1. Candidates should understand and be able to demonstrate both defensive and proactive swimming in Grade II water.

## **Use of throw bag**

1. Knowledge of the use of a throw bag as a rescuee and a rescuer.

## **Rescues and tows**

1. The candidate should demonstrate knowledge of boat based rescue as a rescuee and should be able to assist peers in a rescue situation.

## WHITE WATER KAYAK - LEVEL 4 – RED PADDLE

### Aim

The EPP Level 4 Kayak Award aims to enable participants to kayak safely and competently on rivers up to and including rivers of Grade III difficulties, and

- Be capable of negotiating obstacles likely to be encountered on Grade III water.
- Deal competently with rescue situations that might occur on rivers up to and including Grade III difficulties.
- Develop group awareness.

### Location

The Level 4 assessment should take place on Grade III water. The assessment should take place on a journey of approximately 4 hours travelling time or at least 5 km.

### Equipment

Appropriate closed cockpit kayak and double bladed paddle.

### Prerequisites

Candidate must have passed EPP Level 3 Kayak test (or equivalent) and should have completed a minimum of 3 Grade III journeys each of a minimum of 3 km long.

### TECHNICAL STANDARDS

To obtain the EPP Level 4 Kayak Award a participant must successfully explain and demonstrate the following techniques and skills at a higher level than that required at the EPP Level 3 Kayak Award (or equivalent) and be capable of demonstrating any combination of the strokes competently and efficiently on Grade III water.

#### Forward paddling

1. Candidates will demonstrate competency in forward paddling throughout the trip, using strokes, which should be polished, fluent and adaptive.
2. Throughout the test the candidate should demonstrate the elements of good paddling technique. A committed catch, good rotation, leg drive, upright comfortable posture at a fast cruising pace while maintaining accurate control of the kayak.
3. Common sense should be applied when judging paddling technique taking into account variation in physique and personal style.

#### Stopping and reverse ferry gliding

1. Stopping and reverse ferry gliding should be used to alter the candidate's position on the river with a view to selecting a suitable line down a rapid and also for avoiding obstacles.
2. The candidate's demonstration should also include the safe negotiation of bends where the main current sets under trees.

#### Stopping and reverse ferry gliding

1. While demonstrating reverse ferry gliding, it is not envisaged that the candidate need enter and leave the main current, but rather that they should be able to perform the manoeuvres while in the main current.

#### Breaking out

1. Breaking out of the main current into eddies should demonstrate anticipation and early positioning, and the use of appropriate strokes throughout the manoeuvre.
2. The candidate should also demonstrate the correct speed and angle of approach, together with a

positive and early grip of the stationary water in the eddy.

3. The kayak should come to rest high up the eddy, just inside the eddy line and parallel to it.

## Breaking in

1. This manoeuvre will be achieved by resolving such factors as speed of current, size of eddy, tilt and the desired position in the river after the break in.
2. Initial positioning in the eddy and the angle of exit allied to the correct speed and degree of edging should be evident and appropriate for the particular eddy.
3. Be aware of a charge out that ends with either a stall in mid-current or an inadvertent entry into an eddy on the opposite bank.

## Upstream (forward) ferry gliding

1. The candidate should aim to cross a consistent and moderate flow that is 10m wide without any loss of height, or a 20m wide flow with no more than a kayak length loss.
2. Allowance needs to be made for the specific water conditions.
3. It is important that the ferry angle is appropriate and maintained through the manoeuvre.

## Surf waves

1. The candidate should show an ability to cross the current using a range of waves. Candidates should be familiar with the 'diagonal run' and should be confident at getting established on and playing medium sized waves.

## Paddle into and out of stoppers

1. It is crucial that the candidate can recognize 'friendly' stoppers or difficult stoppers (particularly in weirs) and be able to perform well in them. Having identified a friendly stopper the candidate should be able to paddle into it and then leave it.
2. An upright body position with a smooth but lightly held brace is important, the boat having a steady downstream edge.
3. The brace should be active i.e. supporting and paddling the candidate either forward or backward towards the end or the break in the stopper.

## SAFETY STANDARDS

Be aware of the risks and difficulties associated with paddling on moving water, and the position, which should be adopted if swimming in fast moving water.

## Rolling

1. The candidate should be able to demonstrate a full 360-degree roll on moving water as required for the test.

## Sling/Throw bag rescues

1. Demonstrate throwing a throw bag to rescue a swimmer descending a Grade III rapid, 10m from the bank. The assessor should be satisfied that the rope would land over the swimmer, and that the rescuer would not be pulled off balance.
2. The candidate should be able to demonstrate a basic waist/shoulder belay for accepting a load using appropriate rescue equipment such as slings and carabiners.

## Rescues

1. Candidate should sufficiently perform an X rescue, a curl rescue, and a rescue of an

unconscious paddler.

## Rescue and tow as for white water

1. The candidate should rescue a capsized canoeist by competently towing him or her distance of 10m on Grade III water. At least two forms of carry should be shown and the candidate should show knowledge of the advantages and disadvantages of both.

## Swimming in white water

1. Candidate demonstrates how to enter the water, swim actively across the river using currents and back eddies in Grade III water.

## Hypothermia/First Aid

1. Candidate should show a good understanding of immersion hypothermia, its causes and symptoms. Be able to deal with basic First Aid incidents - e.g., a cut forehead or hand.
2. It is recommended that a candidate should hold a First Aid certificate.

## Planning

1. Candidate should show an understanding of what is involved in planning a trip down a river, such as access and egress, equipment requirements, significance of a weather forecast, shuttle procedures, lunch stops, contingency plans.

## Map work

1. The candidate should be able to align a map, work out the distance between two points, and identify particular features which would indicate position.

## EQUIPMENT STANDARDS

Candidates will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidate's own. Where essential equipment is missing, the candidate should not be assessed.

### Kayak and paddle

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that kayaks are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. Where safety lines are used they must be taut and not capable of coming loose accidentally, or fouling the cockpit area.

### Personal clothing

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing as well as footwear suitable to kayaking in a Grade III environment.

### Buoyancy aid, helmet and spray deck

A buoyancy aid of minimum CE approved 50N inherent buoyancy should be worn. Helmets must provide adequate protection for the head, be CE approved and be securely fastened. The spray cover must be fitted with an efficient release strap.

### Other Safety Equipment

A candidate's equipment should include a throw rope, means of towing, sling, karabiner and knife, split paddles (carried as part of / group equipment).

**An adequate First Aid kit and repair kit should be carried.**

**Spare clothing**

Adequate spare clothing should be carried. The clothing should be applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia.

**Packed lunch**

A packed lunch and a hot drink should be carried.

**Emergency equipment for personal use**

This should include: emergency food; whistle; exposure (bivvy) bag of minimum size 1.8m by 0.9m (6' by 3'); torch; matches or lighter.

**Waterproof kit bag(s)**

Spare equipment must be stored in appropriately secured, waterproof kit bag(s) and must remain dry even after capsizing.



## WHITE WATER KAYAK - LEVEL 5 - BLACK PADDLE

### Aim

Demonstrate the necessary skills for competency in Grade IV and advanced white water. Demonstrate group awareness, group management and leadership skills to kayak safely and proficiently with peers on rivers of Grade IV & advanced white water. Deal competently with rescue situations which might occur on rivers up to and including rivers of Grade IV and advanced white water difficulty. Deal competently with First Aid situations in the river environment.

### Location

Level 5 assessments should take place on Grade IV water. The assessment should take place on a journey of approximately 4 hours travelling time or at least 5 km.

### Equipment

Adequate closed cockpit white water kayak and double bladed paddle.

### Prerequisites

**Prior training:** Due to the nature of this test and its remit for leadership it is necessary for candidates to have completed a training course. The candidate must already hold the EPP Level 4 Kayak Award (or equivalent).

**Prior experience:** The candidate must provide documentary evidence of a range of river trips. Documentation must show experience of low/medium volume rivers as well as technical and steep rivers and should include experience on Grade IV rivers. Such experience must have been gained over a minimum of three years white water paddling, showing a bias towards 'wild rivers'. Wholly artificial courses and weirs would not count towards this evidence.

### Assessment

Candidates for the Level 5 test must satisfy the assessors that they have the experience, judgment and competence necessary to lead groups of experienced paddlers on journeys on Grade III-IV rivers. Candidates must have the personal skill and ability to perform confidently and in control on Grade IV water.

- The evaluation of the award will take place over two days.
- Candidates should realize that the appropriate water cannot be guaranteed. In the event of such conditions not being present, assessment decisions may have to be deferred until a later date when acceptable conditions are present.
- The evaluation of the award will consist of four elements: equipment theory; leadership skills and awareness; personal skills.

## TECHNICAL STANDARDS

### Launching and landing

1. Launching from and landing on difficult terrain.

### Manoeuvring and control

1. The candidate should demonstrate an ability to manoeuvre and control a kayak in a variety of situations and conditions, with a wide repertoire of skills on white water.
2. All the Level 3 moving water skills (break in and out; forward and reverse ferry glide; crossing stoppers forward and reverse) should be performed in a solid, confident manner.
3. The candidate should demonstrate the ability to adapt a stroke during its execution in response to the external forces involved, exhibiting anticipation and control rather than just a reaction to events.
4. Additional skills to be demonstrated include: crossing the current by using waves (surfing confidently), supporting in stoppers - entering both forward and reverse, rolling reliably on both sides in white water conditions, using waves to turn.

### River running skills

1. The candidate should be seen to have a clear river running strategy for successfully descending and playing on difficult rapids. Candidates should display and use controlled, effective manoeuvres incorporating a range of kayak control skills and techniques.

## **SAFETY STANDARDS**

### **Group control and communication**

1. Candidates will be required to show they are organised on the water and have the experience and judgment required to safely lead similarly experienced groups on Grade III - IV water.
2. They will be required to show experience in identifying hazards and in picking suitable lines for different designs of kayak: e.g. long and short boats.
3. Each candidate will need to demonstrate a system of signals both visual and audible which will enable effective communication with a group.

### **Safety awareness**

1. Each candidate must demonstrate sound judgment of the elements of risk and an awareness of what constitutes safe paddling.
2. The candidate must demonstrate effective communication and interpersonal skills, displaying the ability to create the right atmosphere within the group so that honest decisions can be made as to whether to run or portage difficult rapids.

### **Rescues**

1. Each candidate must be conversant with a range of rescue techniques and must be able to demonstrate their efficient use in a variety of protection and rescue incidents.
2. Candidates should demonstrate proper use of a throw bag, dealing with an entrapped boat, safe use of the chest harness (if used by the candidate) and the rescue of entrapped swimmers.
3. Candidates must show an appreciation of river evacuation procedures.
4. Each candidate must be able to satisfy the assessors that they would be able effectively, and without further risk to the party and themselves, organise the retrieval of any retrievable equipment, which may have been lost as a result of an emergency.

### **Equipment**

The candidate's personal and group kit will be evaluated.

1. Candidates must present with suitable personal equipment, plus any additional equipment deemed to be appropriate to support a group in their charge.
2. Equipment should reflect such things as the season, the ability of their companions and the difficulty of the waters to be paddled.
3. Borrowed equipment will be assessed as if it were the candidate's own.
4. The candidate should be aware that on the level of water being paddled, having too much equipment could be nearly as hazardous as having too little.

## CANOE POLO

### CANOE POLO - LEVEL 3 - BLUE PADDLE

#### Aim

- Controlled navigation with fairly high speed and efficient paddling.
- Real commitment in an environment that could be both complex and uncomfortable.
- Ability to take relevant information and manage some quite harsh contacts with an opponent.
- Ability to keep one's emotions under control.
- Ability to combine ball handling skills with paddling and steering a craft in various moving conditions.
- Mastering ball skills (efficiently catching, keeping, passing the ball) in a complex environment with team mates, opponents and official rules.
- Knowing, understanding, following and enforcing the main rules of canoe polo.

#### Location

Any stretch of flat water wide enough to set up a 24m by 20m pitch

#### Equipment

Kayak polo boat and appropriate equipment.

#### Prerequisites

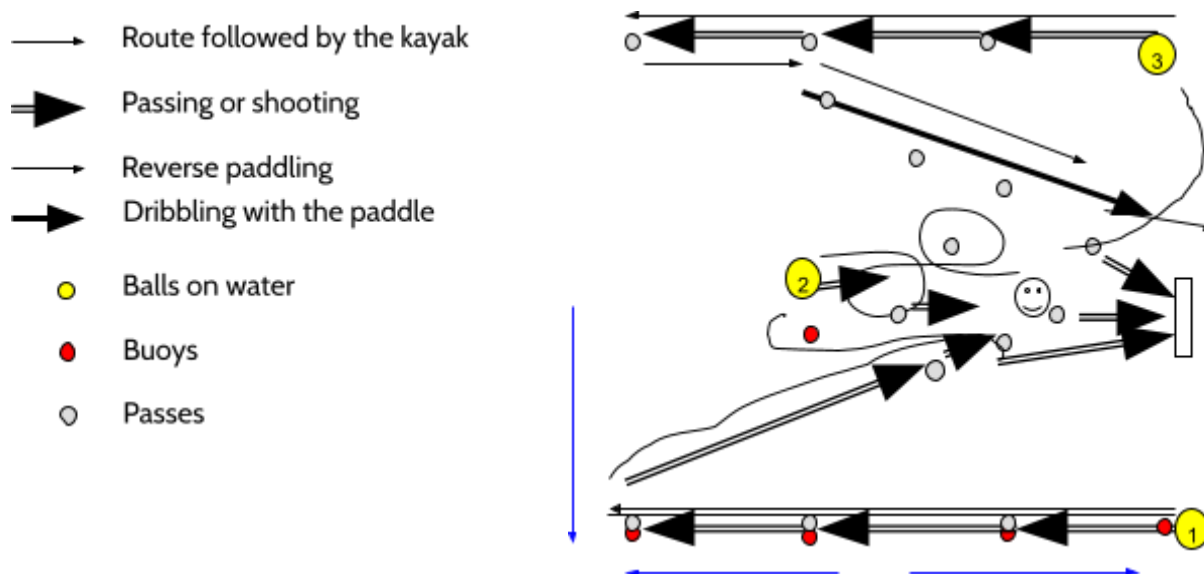
- Candidate should have EPP Level 2 Kayak or Canoe Award (or equivalent).
- Candidate must have prior experience in 3 canoe polo matches.

#### TECHNICAL STANDARDS

#### Organization

Short course to test paddling techniques in front of the goal.

3 players of equal level are needed for this game (2/0, 3/0, 1/1, 2/1)



## **Whistle Start - Picking ball (1) up off the water**

Forward paddling - dribbling with the right hand. Throwing the ball toward the next buoy (placed at a distance of 8m, then 16m then 24m). Moving forward in a straight line – dribbling with one hand and throwing the ball close to the front end of the boat. Keeping the kayak straight even whilst picking up the ball or shooting (no directional angle above 45°).

## **Turning right after the goal line and picking the ball up**

180° right turn after the goal line to pick up the ball with one hand. Regular and stable turn in time and distance. The ball is always within the player's reach (not further than a paddle length).

## **Passes – stationary**

Stationary. Throwing, long shots.

The ball over a distance of a minimum of 15 metres for men and 10 metres for women and juniors.

## **Accelerating and catching a ball. Paddling forward towards the goal**

Picking up the ball in fast motion No ball should be left behind whatever the speed of motion. Forward dribbling with one hand and shooting the ball to a marker (target) facing the boat Keeping the kayak moving fluently in a straight line even whilst picking up the ball or shooting (no directional angle above 45°).

## **Shooting with one hand (no goalkeeper)**

One point penalty if the goal is not scored. 2 attempts to score a goal – minimum distance: 6 m.

## **Half turn to pick up ball (2) ball placed in the middle of the pitch**

No ball should be left behind whatever the speed of motion.

## **360° right turn around the ball**

Controlling the turn. The ball should not be more than 1 m away from the player. The ball stays under the control of the candidate during the whole rotation.

## **360° left turn around the ball**

Controlling the turn. The ball should not be more than 1 m away from the player. The ball stays under the control of the candidate during the whole rotation. Picking the ball up off the water.

## **Controlled balance – rolling**

Any side and any technique permitted. The ball must stay within the player's reach (not further than a paddle length) Eskimo Roll with the paddle on either side of the craft. The candidate comes back to an upright position on the side of the ball. The distance boat/ball is less than a paddle long.

## **Shooting with both hands**

One point penalty if the goal isn't scored. Shooting with both hands. 2 attempts to score a goal – minimum distance: 3 m.

## **Picking up ball (3) placed at one corner of the pitch**

Forward paddling - left hand dribbling. Throwing the ball toward the next buoy (placed at a distance of 8m, then 16m then 24m). Dribbling forward with the "bad" hand (eg: right for left handed and left for right handed paddlers). No ball should be left behind whatever the speed of motion.

## **Reverse paddling**

Dribbling to the 16m line. (any technique possible - hand or paddle). Dribbling backwards. No ball should be left behind whatever the speed of motion.

## **Forward paddling**

Dribbling with the paddle whilst moving towards the goal (either side and any technique allowed). Any dribbling length permitted No ball should be left behind whatever the speed of motion.

## **Shooting with the paddle**

One point penalty if the goal is not scored. 3 attempts to score a goal – no minimum distance

### **Final sprint to cross the goal line**

Straight line acceleration over a distance of 15 to 20 m. The kayak stays in a straight line with little directional instability (not above 20°)

### **Teamwork**

- Simple game situation on a half pitch. (2 v 0 two players – no opponent) Passing the ball whilst moving forward and backwards. The 2 players should be at a distance of 4/5 m one from the other. They should be facing each other. The first one is moving forward when the other one is moving backwards on a straight line over a distance of 20m. 8 passes as a minimum with the ball not falling on the water more than once. No directional changes over 90°.
- Simple game situation on a half pitch. (2 v 0) Passing the ball whilst moving sideways. The 2 players should be at a distance of 4/5 m one from the other. They should move on parallel lanes, one on the left and the second one on the right. They are both moving forward on a straight line over a distance of 20m and back. On the way back they should change sides.
- 8 passes as a minimum with the ball not falling on the water more than once in a run. No directional changes over 90°.

### **Tactics to outplay the opponents**

(optional) Simple game situation in front of the goal - one on one. One goalkeeper and one stationary shooter. (5 shots). The goalkeeper should stop at least 2 shots.

### **Tactics to outplay the opponents**

- (optional) Simple game situation on a half field – one on one –attacker coming from the middle of the pitch with one defender attempting to keep pressure and intercept the ball.
- 20m by 20m pitch – at every illegal play of the defender the game and stopwatch should be stopped. - Restart after signal. The attacker should manage to keep the ball without any illegal play (obstruction – 5 second rule) within the game limits for 30 seconds.- 2 attempts possible.

### **Positioning on the pitch**

Simple game situation in front of the goal -3 v 0- Parallel passing –team mates are moving straight forward 3 abreast along parallel lanes 4/5 m apart, over a distance of 20 m – 3 runs – Players should move to another lane after each run.

At the beginning of the game the ball is in the centre lane. At the starting signal pass to the left paddlers – back to the centre – pass to the right paddlers – back to the centre and successful shot. The time should be less than 20 seconds for at least two of the runs.

## **SAFETY STANDARDS**

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head (and include a face guard), be CE approved and be securely fastened. The spray deck must be fitted with an efficient release strap

**Kayak and paddle:** The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). Boats should also be fitted with bumper as required within polo rules.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and

waterproof clothing.

**The candidate should be capable of:**

1. Capsizing, getting out of their craft and retaining all equipment and swimming back to the shore.
2. Assisting a swimmer to get back to the shore.
3. Retrieving a swimmer's boat by pushing it with their own craft.
4. Performing an Eskimo Roll.

**KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

**\*Novice Competitor**

A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition.

## CANOE POLO - LEVEL 4 – RED PADDLE

### Aim

- Controlled navigation with fairly high speed and efficient paddling.
- Real commitment in an environment that could be both complex and uncertain.
- Ability to take relevant information and manage some quite harsh contacts with an opponent.
- Ability to keep one's emotions under control.
- Ability to combine ball handling skills with paddling and steering a craft in various moving conditions.
- Mastering ball skills (catching, keeping, passing) the ball efficiently in a complex environment with team mates, opponents and official rules.
- Knowing, understanding, following and enforcing the main rules of canoe polo.

### Location

Stretch of flat water wide enough to set up a 36m by 20m pitch

### Equipment

Kayak polo boat and appropriate equipment

### Prerequisites

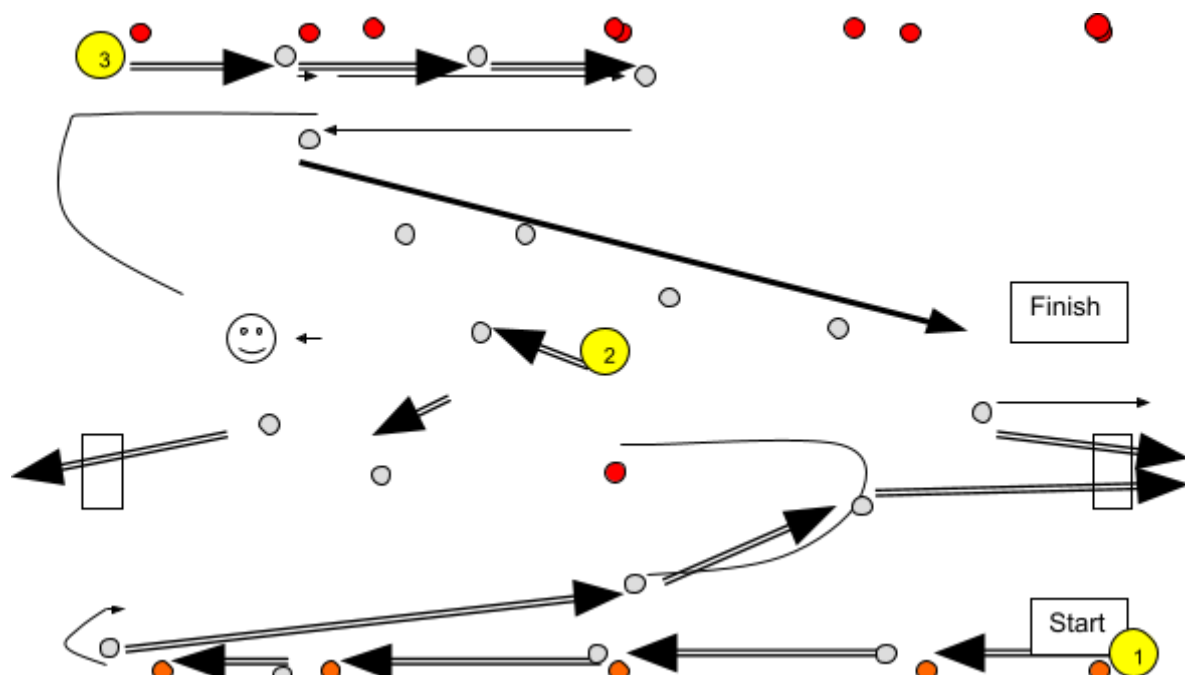
- Candidate should have obtained EPP Level 3 Canoe Polo Award (or equivalent).
- Candidate must have prior experience in 6 canoe polo matches.

### TECHNICAL STANDARDS

#### Organisation

Course designed from one goal to the other one.

Performing a course in less than (penalty points should be added)



- Route followed by the kayak
- ⇒ Passing or shooting
- ← Reverse paddling
- ➡ Dribbling with the paddle
- Balls on water
- Buoys
- Passes

|              |                                      |
|--------------|--------------------------------------|
| 2 min<br>30" | For men - seniors and juniors        |
| 2 min<br>50" | For women - Seniors and juniors      |
| 3 min<br>10" | For younger players - Boys and girls |

### Whistle start, ball (1) in hand

Dribbling forward and throwing the ball close to the next buoy (6m line then middle line – 6m line again and goal line) Moving forward in a straight line – dribbling with one hand and throwing the ball close to the front end of the boat. Keeping the kayak straight even whilst picking up the ball or shooting (no directional angle above 30°).

### Turning right after the goal line and picking the ball up

180° right turn after the goal line to pick up the ball with one hand. Regular and stable turn in time and distance. The ball is always within the player's reach (not further than a paddle length).

### Stationary long shot

About 18m shot for men and 12 for women and juniors. Throwing the ball over a distance of a minimum of 18 metres for men and 12 metres for women and juniors. Ball according to category.

### Accelerating and catching a pass

Paddling forward towards the goal. Picking up the ball in fast motion. No ball should be left behind whatever the speed of motion.

### Shooting with one hand (no goalkeeper)

5 seconds penalty if the goal is not scored. Shooting with one hand. 2 attempts to score a goal – minimum distance: 6 m.

### Half turn to pick up ball (2) placed in the middle of the pitch

Picking the ball up off the water. No ball should be left behind whatever the speed of motion.

### 360° right turn around the ball

Controlling the turn. The ball should not be more than 1 m away from the player. 360° right turn around the ball (distance ball/paddler less than 1 m). The ball stays under the control of the candidate during the whole rotation both ways (clockwise and anti clockwise)



## **360° left turn around the ball**

Controlling the turn. The ball should not be more than 1 m away from the player. 360° left turn around the ball (distance ball/paddler less than 1 m). The ball stays under the control of the candidate during the whole rotation both ways (clockwise and anti clockwise).

## **Rolling**

With the paddle, on either side and any technique permitted the ball must stay within the player's reach (not further than a paddle length). The roll need not be performed with hands and ball. Controlled balance. The candidate comes back to an upright position on the side of the ball. The distance boat/ball is less than a paddle long.

## **Shooting with both hands**

- 5 seconds penalty if the goal isn't scored.
- 2 attempts to score a goal – minimum distance: 3m.

## **Picking up ball (3) placed at one corner of the pitch**

Left hand dribbling paddling forward to the midfield line. Dribbling forward with the "bad" hand (eg: right for left handed and left for right handed paddlers) No ball should be left behind whatever the speed of motion

## **Reverse paddling**

Dribbling to the 6 m line (any technique possible - hand or paddle).

Dribbling backwards.

No ball should be left behind whatever the speed of motion.

## **Forward paddling**

Dribbling with the paddle towards the goal (any side or technique permitted). Forward dribbling with one hand and throwing the ball close to the front end of the craft. Keeping the kayak moving fluently in a straight line even whilst picking up the ball or shooting (no directional angle above 20°). Any dribbling length permitted

## **Shooting with the paddle**

- 5 seconds penalty if the goal is not scored
- 3 attempts to score a goal – no minimum distance

## **Final sprint to cross the goal line**

Stop the watch. Ability to control the rhythm and efforts. Straight line acceleration over a distance of 15 to 25 m. The kayak stays in a straight line with little directional instability (not above 10°).

## **Teamwork**

Simple game situation in front of the goal. (3 v 0 two players – no opponent) Criss Cross. The 3 players are moving diagonally in different lanes 4/5m apart over a distance of 20 m. – 3 runs. The players should change position after each run. The ball carrier is in the middle lane. At the signal he passes the ball to the left and drives towards the goal. The left paddler passes the ball to the right and drives towards the goal and so on till a final successful shooting. 2 correct runs in less than 30 seconds with successful final shot. (3 attempts)

## **Tactics to outplay the opponents**

- Simple game situation on a half field - one on one. One ball carrier starting in the centre and a

defensive player keeping constant pressure on him. (20m by 20m pitch) at every illegal play of the defender the game and stopwatch should be stopped. – Restart after signal. The ball carrier should manage to keep the ball without any illegal play (obstruction – 5 second rule) within the game limits for a period of 45 seconds.

- Simple game situation in front of the goal - one on two. Two attackers v one defender (no goalkeeper). Starting from the centre , 20m from the goal line. The offensive move stops if the ball is intercepted, has gone out of the field limits or when a goal is scored. (no time limit for the offence). Scoring 3 goals within five offensive moves.

## SAFETY STANDARDS

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of the applicable minimum CE approved buoyancy aid standard should be worn. Helmets must provide adequate protection for the head (and include a face guard), be CE approved and be securely fastened. The spray deck must be fitted with an efficient release strap

### **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). Boats should also be fitted with bumper as required within polo rules.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

### **The candidate should be capable of:**

1. Retrieving the swimmer's boat and paddles by pushing the boat with their own craft and carrying the paddles along with their own.
2. Performing an Eskimo Roll (Paddle roll and Hand roll) with time delay of 10 seconds.
3. Capsizing and emptying their boat in deep water with assistance.
4. Embarking in deep water after a capsize with assistance.

## KNOWLEDGE STANDARDS

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as an \*intermediate competitor aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### **\* Intermediate Competitor**

A paddler who is at minimum Level 3 performance standard with a minimum of one season's competitive experience.

## CANOE POLO – LEVEL 5 – BLACK PADDLE

### Aim

- Controlled navigation with fairly high speed and efficient paddling.
- Real commitment in an environment that could be both complex and uncertain.
- Ability to take relevant information and manage some quite harsh contacts with an opponent.
- Ability to keep one's emotions under control.
- Ability to combine ball handling skills with paddling and steering a craft in various moving conditions.
- Mastering ball skills (catching, keeping, passing...efficiently the ball) in a complex environment with team mates, opponents and official rules.

### Location

Stretch of flat water wide enough to set up a 36m by 20m pitch. Length required from 35 to 40 metres.

### Equipment

Kayak polo boat and appropriate equipment.

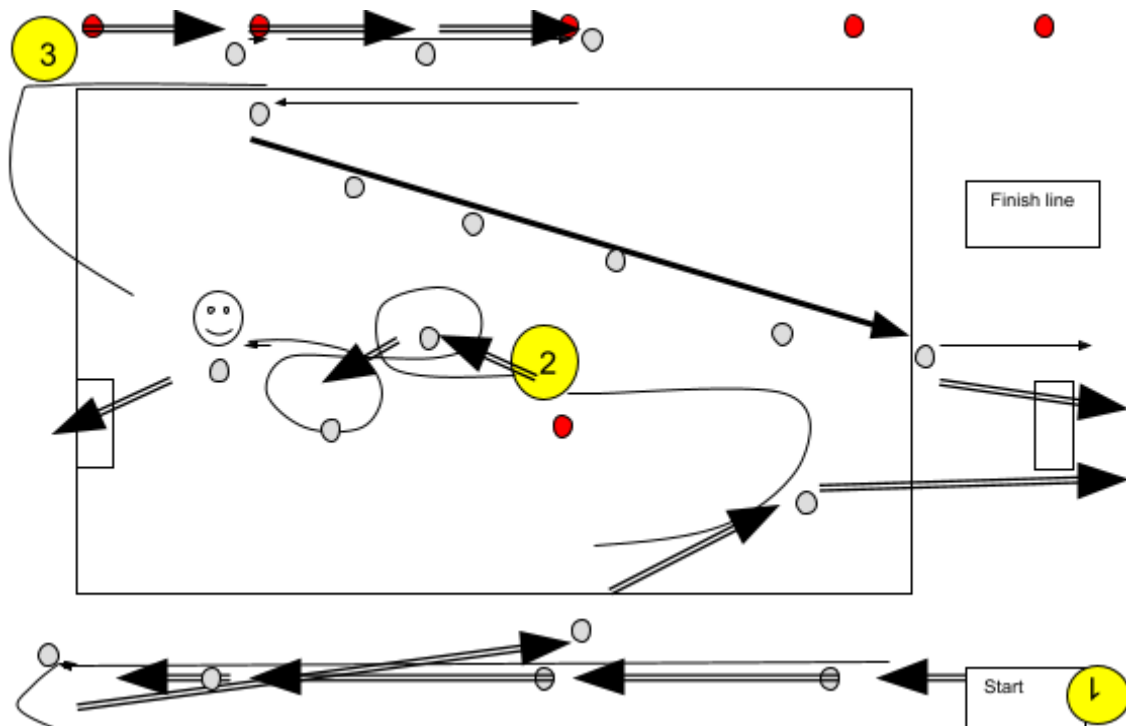
### Prerequisites

- Candidate should have obtained EPP Level 4 Canoe Polo Award (or equivalent).
- Candidate must have prior experience in 8 canoe polo matches.

### TECHNICAL STANDARDS

#### Organization

The course is designed to evaluate specific driving techniques and their efficiency in front of the goal lines. Game situations: three v three.



- Route followed by the kayak
- ⇒ Passing or shooting
- ← Reverse paddling
- ➡ Dribbling with the paddle
- Balls on water
- Buoys
- Passes

## Realize the course

- Whistle start, **ball (1)** in hand – Dribbling forward and throwing the ball close to the next buoy (6m line then middle line – 6m line again and goal line)
- Turning right after the goal line and picking the ball up
- Stationary long shot (about 20m shot for men and 15 for women and juniors).
- Accelerating and catching a pass. Paddling forward towards the goal, if need be.
- Shooting with one hand (no goalkeeper) (10 second penalty if the goal is not scored).
- Half turn to pick up ball (2) placed in the middle of the pitch.
- 360° right turn around the ball. Controlling the turn. The ball should not be more than 1 m away from the player.
- A 360° left turn around the ball. Controlling the turn. The ball should not be more than 1 m away from the player.
- Eskimo Roll (any side and any technique permitted). The ball must stay within the player's reach (not further than a paddle length) the roll need not be performed with hands and ball.
- Shooting with both hands (10 second penalty if the goal is not scored).
- Picking up ball (3) placed at one corner of the pitch. Left hand dribbling, paddling forward to the midfield line.
- Reverse paddling – Dribbling to the 6m line (any technique possible - hand or paddle).
- Forward paddling – Dribbling with the paddle towards the goal (any side or technique permitted).
- Shooting with the paddle (10 second penalty if the goal is not scored).
- Final sprint to cross the goal line. Stop the watch

## Performing the course in the shortest possible time

Performing the course within the times indicated in the chart below and trying to avoid penalties

| Categories                             | Maximum time (penalties included) | Size of the ball |
|--|-----------------------------------|------------------|
| Men                                    | 2 min 15''                        | 5                |
| Women                                  | 2 min 32''                        | 4                |
| Youth competitions<br>Players under 17 | 2 min 50''                        | 3                |

## Game Tactics

### Organization

- On a half kayak polo field with a goal positioned according to official standards. (1m by 1.50m suspended 2 m above the water level).
- Kayak polo ball - size 5 for men or 4 for women and juniors.
- Polo equipment for all players (boats, helmets, paddles, jackets with large numbers easy to read).
- Official referee (a stopwatch – 3 cards – one whistle).

### 3 v 3 game (with a goalkeeper) or 4 v 4 game (with a goalkeeper) on a half pitch

It's eventually possible to organize a game with two teams of five players each on the whole field with a one on one defence tactic.

### Goal keeping

When playing on a half pitch, the goalkeeper must not take part in the game (numerical advantage). He must stay and cover the goal frame. (no defence break or ball interception) The specific techniques and skills of the goalkeeper may be examined if a candidate wishes to be assessed on that particular position in a 3 v 3 and 1 game

### Assessing attack then defence techniques

Half pitch – duration: 5 to 7 minutes (times out should not be taken into account) Game sequence: Offence tactic 3 v 3 and 1

The offence tactics are examined both with regard to ball handling (passes, dribbles, shots, possession of the ball...) by the ball carrier and other players' techniques : (unmarked positioning, tackling, opposition to free other team mates... )

### Defence tactic when the ball is lost

(The ball has gone out of the pitch limits or been intercepted and controlled by the defence). When playing on a half pitch, the referee orders the ball back in the centre of the field. The positioning of the defence is examined. To facilitate the assessment the 3 defenders (apart from the goalkeeper) should be observed when in a zone defence. The various types of defence used by a player in the zone against their direct opponent should be taken into account (the ball is stopped, intercepted, blocked,...) together with teamwork (positioning on the field such as to follow the zone defence tactics determined by the coach and make all the various moves needed by the game evolution (Defensive and offensive awareness).

## ASSESSMENT / STANDARD SEQUENCE OF EVALUATION

- 5 minutes in a zone defence (half pitch – 3 v 3 + 1)
- 5 minutes flat three offence opposed to a zone defence (half pitch – 3 v 3 + 1).
- A 10 minutes game 5 v 5 or 4 v 4. 5 minutes must be dedicated to a one on one defence (Whole pitch).
- Commitment and stamina should be assessed as well as performance efficiency under pressure in each game tactics (defence and offence).
- The specific techniques and skills of the goalkeeper may be examined if a candidate wishes to be assessed on that particular position in a 3 v 3 + 1 game.
- To make assessment easier on the zone defence tactics (3 v 3 + 1), the 3 defence players (but the goalkeeper) are assessed during a zone defence game: The individual defence techniques of each of the 3 defenders is assessed when they are facing their direct opponent: (ball stopped, blocked or shot back). Teamwork and positioning must also be assessed according to the zone tactics that were decided. The defensive play must include various moves: swapping, covering... in response to the offence game. Every player must be aware of the canoe polo rules and shall be penalized in case of illegal play.
- The attack tactics during a 3 v 3 + 1 play: Ball skills (picking, catching, shooting), together with position play (non ball play, fast breaks, unmarked position, opposition to create an opening...) should be assessed during a free offensive game.
- Commitment and stamina should be assessed as well as performance efficiency under pressure in each game tactics (defense and offence).

## ASSESSMENT STANDARD PRACTICAL NOTES

- There should be 6 to 7 players involved in the assessment. To achieve uniformity of assessing standards and to make sure all everyone feels concerned with the game. For the needs of the assessment, the teams can be completed by other players of similar technical level.
- One team should not be better or weaker than the other, especially during the one on one periods of game (but they needn't be homogenous).
- There should be an assessor for 2 players and a timekeeper who may also act as referee. On special cases, an assessor with a large experience and a good knowledge of the game rules and the marking sheet may assess on their own, though it is not recommended. As specified in the assessing standards there should be at least a second person to referee and keep time.
- Should there not be an appropriately experienced assessor able to evaluate the full range of situations in real time, it is acceptable to film the game from a middle distance with a fixed camera.
- The assessment sheet will be completed afterwards by an appropriately experienced assessor.

## SAFETY STANDARDS

### **Buoyancy aid, helmet and spray deck**

A buoyancy aid of the applicable CE approved 50N minimum buoyancy aid standard should be worn. Helmets must provide adequate protection for the head (and include a face guard), be CE approved and be securely fastened. The spray deck must be fitted with an efficient release strap

### **Kayak and paddle**

The kayak MUST be fitted with a minimum of 6.5Kg (60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). Boats should also be fitted with bumper as required within polo rules.

## **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.

## **The candidate should be capable of:**

Dealing with all the safety and rescue requirements in Level 4 demonstrating an ability to Perform a range of Eskimo Rolls (Paddle, Hand & Body) in all situations (set and under competition conditions).

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as an \*advanced competitor aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

## **\* Advanced Competitor**

A paddler who is at a minimum Level 4 performance standard with an average of three season's competition.

## OUTRIGGER

### OUTRIGGER – LEVEL 3 – BLUE PADDLE

#### Aim

- Candidates should be capable of performing the right manoeuvres to conduct both a single (OC1) or a team boat (OC6). They are expected to control their effort according to the conditions encountered.
- They should be able to negotiate and control the route of their craft (single boat OC1 or six paddler canoe OC6).

#### Location

Force 3 conditions – little current with possible one metre high waves.

#### Equipment

Single and 6 paddler outriggers (OC1 – OC6)

#### Prerequisites

- The candidate must already hold the Level 2 Kayak or Canoe
- The candidate must show evidence of prior experience of 3 outrigger races in Force 3 conditions

#### TECHNICAL STANDARDS

##### Know the position and role to give each of the 6 paddlers

##### The candidate should:

Explain the specific role and title (if any) of each paddler according to their position in the team, starting from the front of the boat.

- Number 1 - paddler is the Fa'ahoro. They set the stroke (paddling rhythm) for all team mates.
- Number 2 - helps the Fa'ahoro to keep the rate of striking. (no specific name)
- Number 3 or 4 - paddler is the Taré. The Taré should make themselves heard by the rest of the crew. They stimulate and encourage team mates and gain speed such as to plane the canoe. They say when to change sides of paddling.
- Number 5 - must help the Peperu to steer the canoe when asked. (no specific name)
- Number 6 - The Peperu's role is to steer the craft. They have to choose the right route as well as take part in the propelling of the canoe as any other member of the team.

##### Ability to announce a Taré in a 6 paddler outrigger

The candidate is the team leader and placed in the third position in the craft. Candidate has to announce the TARÉ change paddling side and rhythm on a 20 minute course.

- The TARÉ is clear and unambiguous.
- The rhythm changes are efficient in response to external forces and water conditions.



- The TARÉ uses a wide range of encouraging tones.

### **Ability to keep their route with OCG**

The candidate is the PEPERU and show ability to steer canoe on a 500m straight line, in head wind conditions.

### **Ability to keep their route with OC6 (see appended 2 diagram)**

During the course, the PEPERU should manoeuvre the canoe such as to pass close to two buoys. The buoys must come between the hull of the canoe and the AMA

- The buoys should be small enough to pass under the crossbeam.
- The canoe is kept on a straight, continuous line with no directional instability.
- The PEPERU uses various techniques to steer the canoe.
- The canoe does not touch any of the buoys.

### **Ability to find one's bearings and read a map**

The candidate is able to determine their position either on a chart or in the actual environment.

- They must be able to measure the azimuth of 3 different points on a map
- They must determine the course to head for 3 spots easy to locate
- They must find and name 2 particular features from a chart
- Accurate map reading and transit
- Correct measures of the azimuth
- Correct position of the map with relation to the North or other specific spots.

### **Ability to adjust one's craft – correct setting of the outrigger on an OC1**

The outrigger is taken apart from the canoe. All setting marks should be cancelled prior to reassembling the craft. The candidate may be helped when fixing the AMA (float) but shouldn't be advised on how to do it. The candidate must be able to reassemble and adjust the outrigger. The assessment should be held in naturally difficult conditions that are likely to be encountered.

- The outrigger is firmly and safely set
- The canoe is in order for use with a correct side balance on water
- After all adjustments have been made, the craft handles well. (the candidate is able to perform the test course in good conditions)

### **Ability to adapt paddling technique to the conditions encountered, to fitness level and the other paddlers in the OC6**

- The candidate is able to perform a set course in open sea over a distance of 8 nautical miles with confirmed paddlers. The candidate is in the Fa'ahors for a minimum of 15 minutes.
- The changes in paddling rhythm are clear and should be in evidence, and an observer must easily witness the TARÉ.
- The paddling rhythm matches that given by the TARÉ.
- Constant paddling rhythm throughout the test.

## **Ability to perform a triangular course in any weather conditions with an OC1 (see appended 1 diagram).**

Departure and finishing lines should be marked with 2 buoys placed 5 metres apart. Each side of the triangle must be 150 m long. The direction of the wind should be as follows:

- 1st tack :  $\frac{3}{4}$  following wind.
- 2nd tack :  $\frac{3}{4}$  headwind.
- 3rd tack: beam wind.

## **Ability to perform a triangular course in any weather conditions with an OC1**

- The canoe doesn't touch the buoys when turning.
- Correct turn on the right side of the buoys.
- The finish line is crossed between the 2 buoys.

## **Ability to control the static balance of an OC1 canoe on moving water**

The candidate should demonstrate an ability to tilt their canoe sufficiently to get the AMA off water 5 times with a minimum height of 20cm above water level with no capsizing. Stationary position on calm water.

## **SAFETY STANDARDS**

1. Good water confidence and swimming ability.
  2. Candidate should be able to turn over and empty a swamped OC1 boat in deep water.
  3. Competently manoeuvre OC1 in Force 3 wind and waves.
  4. Competently communicate on VHF radio.
- Updated comprehensive knowledge of rules and principles of use of VHF radio on sea conditions.
  - Ability to competently use all functions of VHF radio.
  - Well versed in appropriate communication and emergency commands on VHF radio.

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as novice competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

## \* Novice Competitor

A paddler who is at a minimum Level 2 performance standard and is beginning to participate in competition.

## EQUIPMENT STANDARDS

The test should take place in an appropriately prepared and safety checked Outrigger. The candidate should check and confirm that the boat is ready and safe to take to the water. The candidate should present themselves with personal equipment which must be both suitable and serviceable.

### **Buoyancy aid**

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted; in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation.

### **Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and water-proof outer garments.

## OUTRIGGER – LEVEL 4 – RED PADDLE

### Aim

Candidates should be capable of manoeuvring their boat in rough sea conditions. They should be able to negotiate and control the route of their craft (single boat OC1 or six paddler canoe OC6).

### Location

Choppy sea -Force 3-4 wind -areas of strong current – one metre high waves.

### Equipment

OC1 and OC6

### Prerequisites

The candidate must already hold the Blue paddle Level III.

The candidate must show evidence of prior experience 6 outrigger races in Force 3-4 conditions.

## TECHNICAL STANDARDS

### Ability to draw a route on a sea chart:

- The candidate must be capable of drawing an accurate route on a sea chart using the indications given by the assessor including places to reach, buoys to turn, tide table.
- The candidate must be given a map of the area (with no indication).
- The indications given by the assessor must be clear enough not to mislead the candidate.
- The assessor must use the actual names mentioned on the map: (turn on the port side of the Fourmigués rock).
- The course should be roughly 12 nautical miles long and require the use of a compass.
- The candidate has drawn their route according to indications given by the assessor.
- The bearings have been measured correctly.
- Every external condition has been taken into account to draw the ideal route (i.e. drift due to current, wind or tide).

### Ability to follow a 12 nautical mile course as drawn on a chart and require the use of a compass with an OC1 canoe

The assessor must accompany the candidate to check their route at the prescribed points and to monitor their ability to perform the course at a constant and sustained cruising pace.

- Correct use of the compass.
- Ability to indicate their position at any time either on the map or in the actual environment.
- No routing error.
- Constant and sustained speed throughout the test.

### Ability to control the static balance of an OC1 canoe on moving water

The candidate should demonstrate an ability to tilt canoe sufficiently to get the AMA off water for at least 5 seconds. Stationary position on calm water.

- The candidate is able to get the AMA up with a minimum height of 20cm above water level during at least 5 seconds (3 possible attempts).

- No capsizing.

## **Ability to run a triangular course in given wind conditions with an OC6 (see appended 1 diagram)**

The candidate is in charge of steering the outrigger. Candidate should demonstrate their capacity to perform a triangular course marked with buoys placed at a distance of 500 m on each apex of the triangle. Each buoy must be turned on the starboard side. Departure and finishing lines should be marked with 2 buoys placed 5 metres apart.

The direction of the wind should be as follows:

- 1st tack :  $\frac{3}{4}$  following wind.
- 2nd tack :  $\frac{3}{4}$  headwind.
- 3rd tack : beam wind.
- The canoe doesn't touch the buoys when turning.
- No directional instability.
- The drift is controlled.
- The candidate demonstrates the skill to use waves.
- The finishing line is crossed between the 2 buoys.
- The candidates use a range of various techniques to steer the canoe.

## **SAFETY STANDARDS**

### **Hypothermia and First Aid**

Show a good understanding of immersion hypothermia, its causes and symptoms. Be able to deal with basic First Aid incidents such as a cut forehead or hand. It is recommended that candidates should hold a First Aid certificate.

### **Candidate should show ability as a team leader to turn over a capsized boat in deep water**

- The team leader has control of all elements the safety scenario (including helmets, bailers).
- The scenario is organized and communication and orders are clear.
- The team leader monitors all aspects of the capsize scenario, paddlers, and conditions.

## **KNOWLEDGE STANDARDS**

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as intermediate competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport

- Strength Training and Conditioning
- Mental Preparation

**\* Intermediate Competitor**

A paddler who is at minimum Level 3 performance standard with a minimum of one season's competitive experience.

**EQUIPMENT STANDARDS**

The test should take place in an appropriately prepared and safety checked Outrigger. The candidate should check and confirm that the boat is ready and safe to take to the water. The candidate should present themselves with personal equipment which must be both suitable and serviceable.

**Buoyancy aid**

A buoyancy aid of minimum 50N inherent buoyancy should be worn. A lifejacket may be substituted; in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation.

**Personal clothing**

Personal clothing should be appropriate to the expected conditions, and should include windproof and water-proof outer garments.

## OUTRIGGER - LEVEL 5 – BLACK PADDLE

### Aim

The candidate should demonstrate their ability to deal with a rough sea (Force 4 wind and strong current)

Candidate should show stroke efficiency under unfriendly conditions and have enough stamina to keep a sustained rhythm for an extended period of time

### Location

Rough sea – Force 4 wind – strong currents – one metre high waves or more.

### Equipment

OC1 and OC6

### Prerequisites

- The candidate must already hold the EPP Level IV Outrigger Award (or equivalent).
- The candidate must show evidence of prior experience in 10 outrigger races in Force 3-4 conditions.

### TECHNICAL STANDARDS

#### Theory: navigation exercise

This exercise must include the measure of drifts in relation with tides. The candidate should determine their route taking into account the time of departure, the direction and grade of the tide as given by the tide tables.

- The candidate should be able to plan a route which takes into account the tide effects.
- The candidate is able to determine the time of arrival for each part of the course according to the external conditions (wind, tide...).
- The candidate should be able to plan alternative routes and explain their choices (correction of the course and race tactics).

#### Ability to run a 5 mile course in an OC1

##### Ability to perform a speed racing turn (180°) with an OC1

For this test, 3 buoys should be placed on a straight line 15 m apart. The candidate must come perpendicular to this line. Candidate must start turning between buoys 1 and 2, then turn between 2 and 3 and move away at a right angle. 2 attempts allowed.

Assessing standards:

- The canoe does not touch the buoys when turning.
- Smooth and fluent paddling.
- No stopping.

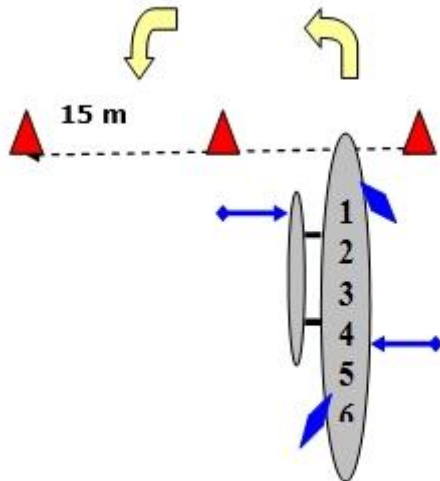
##### Ability to perform a speed racing turn (180°) with an OC6.

The candidate is positioned as the PEPPER. For this test, 3 buoys should be placed on a straight line 15m apart. The candidate must come perpendicular to this line. Start turning between buoys 1 and 2, then turn between 2 and 3 and move away at a right angle. 2 attempts allowed.

Assessing standards:

- The canoe doesn't touch the buoys when turning
- Smooth and fluent paddling
- No stopping.

The candidate waits for the front of the ama to come to the level of the buoy to announce the Taré (change of side) such as to anticipate the next manoeuvre.

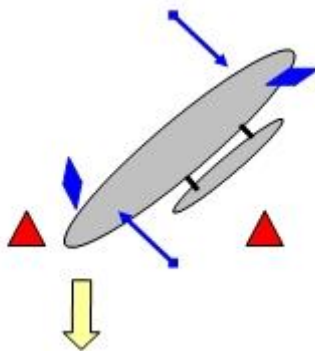


The **Fa'ahoro** (1) should place the paddle upright in the water on the starboard side.  
The second paddler uses pry strokes on the port side.

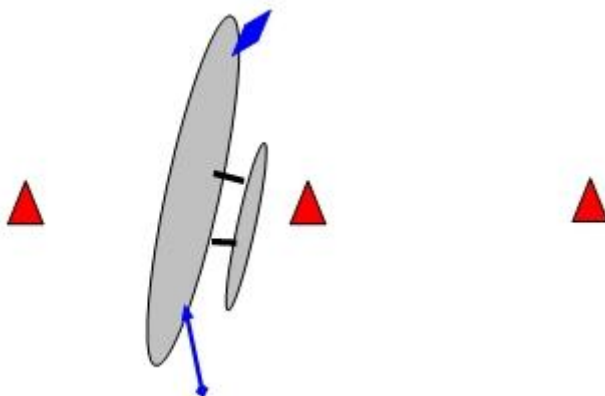
The fifth paddler uses draws on the starboard side.

The **Peperu** (6) places the paddle upright in the water on the portside

As long as the outrigger hasn't come to a complete turn around the buoy the 4 paddlers named above carry on their paddling actions.



As soon as the outrigger is nearly in the desired direction, the team leader (captain) announces the Taré. Each paddler should perform forward power strokes.



The Peperu remains the only one to steer the canoe. If needed the Fa'ahoro may help the manoeuvre with some bow draws.



## Ability to move on a distance of 3 metres with the ama up in a OC1

Flat water. 2 attempts are permitted

Assessing standards:

- The AMA is kept off water on the whole distance.
- The AMA is at a minimum height of 20 cm above the water level.
- No capsizing.

## Equipment Standards`

The candidate's personal kit will be evaluated. Candidates must present with suitable personal equipment. Equipment should reflect the standard of the test and such things as the season, the ability of their companions and the difficulty of the waters to be paddled.

## SAFETY STANDARDS

### Safety awareness

Each candidate must demonstrate sound judgment of the element of risk and an awareness of what constitutes safe paddling at this level. The candidate must demonstrate effective communication and interpersonal skills. Candidates should demonstrate an advanced skill and application of self and peer rescue i.e.

- **Rescues and carries:** The candidate should demonstrate knowledge of boat based rescue in the test conditions, both as rescuee and rescuer and should be able to assist peers in a rescue situation.
- **Supporting another boat in distress.**

### Orienteering and map reading

The candidate should demonstrate a high level of map and chart work, navigation and where appropriate, a thorough understanding of currents and tidal streams able to indicate places precisely on a map and demonstrate accurate use of a compass and following a compass bearing.

## KNOWLEDGE STANDARDS

Candidates should have a basic awareness of the physiological principles (outlined below) of paddlesport as they affect them as advanced competitors aspiring to higher level performance.

- Components of fitness
- Principles of Training
- Energy Systems
- Warm-up / Cool Down
- Injury prevention and recovery
- Nutrition and the use of complementary performance enhancing supplements for paddlesport
- Strength Training and Conditioning
- Mental Preparation

### \* Advanced Competitor



# WORKING VERSION 2025

<http://www.europaddlepass.eu>

A paddler who is at a minimum Level 4 performance standard with a minimum of three seasons competition.