



ADVENTUROUS ACTIVITIES PROGRAM

Padding Flat Water - Safe Participant

Assessment of Proficiency

This proficiency document is for use in the completion for the Scouts Australia requirements of **Padding Flat Water - Safe Participant**.

- This document can be used as supporting evidence in the Outdoor Adventure Skills (OAS) Stage 5 Paddling
- This document is aligned to the following units and can be used as partial evidence towards the Unit of Competency - SISOCNE001 Paddle a craft using fundamental skills



Branch or State	
Members Name	
Membership Number	
Section e.g. Venturer, Rover, etc	
Phone / Mobile	
Email address	

Who instructed or assisted you in your activity course and to complete the Workbook:

Name	Role	Qualification

Youth Program - Outdoor Adventure Skills are to be recorded in Scouts Terrain

Padding Safe Participant - Assessment of Proficiency

Name	
Qualification & Number	
Date	
Signature	

I certify that proficiency in Padding Flat Water-Safe Participant has been attained by:

Introduction

Welcome to your Program Pathway for the pursuit of Safe Participant Paddling Flat Water

This Program Pathway allows you to be clear on what you required to do to complete the requirements to achieve completion of Program Pathway. This Program involves the skills and knowledge required for Paddling Flat Water and has a link to the following Unit of Competency SISOCNE001 – Paddle a craft using fundamental skills.

The Program Portfolio is broken into 3 parts

Part 1 – Pre-Program Evidence the things you have to complete before you attend the face to face part of the program

Part 2 – On Program Evidence items are where you record the skills and knowledge you develop on the Face to Face part of the Program.

Part 3 – Post Program Evidence Items

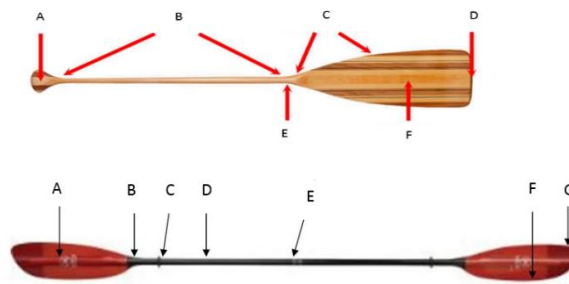
As you complete the items please capture or connect them to this portfolio type document. Once you have completed all of the evidence items in the Program please return the complete Program Pathway Folio to the Training Section of your Branch. A review of your completed Folio will be undertaken, and once you have been deemed competent you will be recognised as a Safe Participant.

If you are also seeking the VET unit noted above you will need to contact your Branch Training Department and enrol in SAIT. Enrolling will allow you to have a separate assessment completed by a SAIT assessor. The Assessor may require further evidence to be provided. If you are found to be competent, you will be awarded the relevant issue of competency by SAIT.

Pre-Program Evidence Items

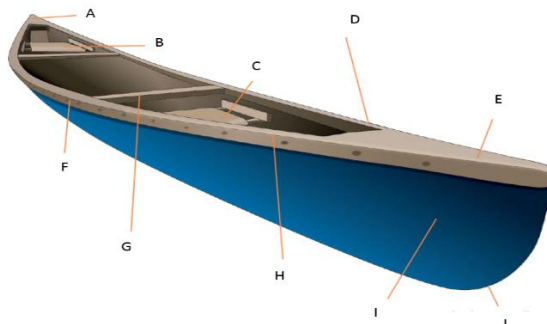
The following items need to be completed before you attend the On-Program part of the Pathway

Scouts Australia On Demand Modules	Date Completed
Elementary Navigation - SA E NAVIGATE	
Navigation Skills - SA NAVIGATE	
Operate Communication Systems - SA COMM	
Minimal Environmental Impact Practices - SA IMPACT	
Interpreting Weather - SA WEATHER	
Planning for Outdoor Activities – SA OUTDOOR PLAN	
Equipment for Lightweight Camping – SA EQUIP	
Paddling Skills – AA PADDLE	
Read the following	
Relevant Branch Policy for Paddling and Water Safety	

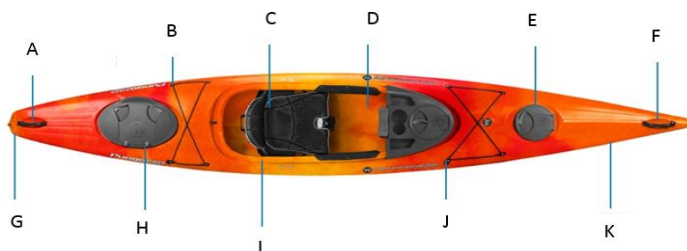


Name canoe paddle parts		Name kayak paddle parts	
A		A	
B		B	
C		C	
D		D	
E		E	
F		F	
		G	

Name the parts of the canoe			
A		E	
B		F	
C		G	
D		H	
I		J	



Name the parts of the kayak			
A		F	
B		G	
C		H	
D		I	
E		J	
K			



Undertake some research and complete the following table

Knowledge on	Your Research – What does it mean
What types of clothing and footwear are suitable when paddling in your area and discuss why	
What are the feature and functions of life Jackets and helmets suitable for use in flatwater conditions	
Name types of paddles for use in what type of craft for flatwater conditions	
What hydrological features of flatwater areas impact on paddling activities	
Know where to find and use the Australian Activity Standards and he companion document	
Ensure that you know how to tie the following knots	
<ul style="list-style-type: none"> • Highwayman’s hitch 	
<ul style="list-style-type: none"> • Clove hitch 	
<ul style="list-style-type: none"> • Slipped Clove hitch 	
<ul style="list-style-type: none"> • Truckies hitch 	
<ul style="list-style-type: none"> • Harvester hitch 	
When participating in paddling activities for the items listed below what are the typical hazards that could be encountered and what techniques are used to safely negotiate them	
<ul style="list-style-type: none"> • Currents 	
<ul style="list-style-type: none"> • Built objects – weirs, piers 	
<ul style="list-style-type: none"> • Steep or slippery banks or shore 	
<ul style="list-style-type: none"> • Overhanging trees 	
<ul style="list-style-type: none"> • Fallen trees on waterway 	
<ul style="list-style-type: none"> • Submerged logs, rocks and vegetation 	
<ul style="list-style-type: none"> • Sections of dark, deep or cold water 	
<ul style="list-style-type: none"> • Other boating traffic 	
<ul style="list-style-type: none"> • Exposure to lightning, storms and strong winds 	
<ul style="list-style-type: none"> • Prolonged emersion in cold water 	
Participant Pre-program Sign off	Administration Sign off
<p>I confirm that I have undertaken all the requirements of the pre-program portfolio outlined above and this is my own work.</p> <p>Name: _____</p> <p>Signature _____</p> <p>Date / /</p>	<p>I confirm that the evidence above meets the requirements for the pre-program element of this program.</p> <p>Name: _____</p> <p>Signature _____</p> <p>Date / /</p>

On Program Evidence Items

The following items will be completed while you are on the On-Program part of the Pathway please make sure the below check list is completed and is signed by your On Program Leader.

Activity	Completed
Demonstrate safe manual handling techniques to lift and carry a paddle craft	
Able to interpret Activity Plan and asks questions where appropriate	
Effectively stow items in Craft	
Effectively embark, launch, land and disembark craft from Bank, shore or jetty	
Control the direction of craft forward, in reverse and change of direction, using the following strokes	
<ul style="list-style-type: none"> • Forward and reverse paddle 	
<ul style="list-style-type: none"> • Forward and reverse sweeps 	
<ul style="list-style-type: none"> • Stern rudder 	
<ul style="list-style-type: none"> • Low Support 	
<ul style="list-style-type: none"> • Emergency Stop 	
Complete a self rescue following a capsize	
Swim self and craft a maximum distance of 50 metres to shore.	
Demonstrate communication protocols for group Paddling activities	
<ul style="list-style-type: none"> • Calls 	
<ul style="list-style-type: none"> • Hand Signals 	
<ul style="list-style-type: none"> • Paddle Signals 	
<ul style="list-style-type: none"> • Whistles 	
Photo Taken	
Have someone take a photo of you in your suitable paddling clothing, suitable footwear and with you wearing a suitable fitted lifejacket and helmet – and is attached	
<p>The candidate demonstrated skills to Paddle in Flat Water and is considered to be satisfactory as Safe Participant.</p> <p>On Program Leader Name: _____</p> <p>Signature: _____ Date: / /</p>	

Post Program Evidence Items (document in your logbook and don't forget to include photos)

The following items need to be completed to complete your Program Pathway

- Have in your log book three group paddling trips, with one trip including a self rescue

The following items need to be completed to complete your Program Pathway

- Complete an activity review capture sheet for each paddle
- Copy of your log book which includes the three paddles

Activity Review Capture Sheet	
Name of Activity	
Date (include time commenced and finished)	
Location	
Your role	
Participants	
Weather Conditions	
Activity management planning considerations	
Risk management planning considerations	
Emergency planning considerations	
Equipment & logistics considerations	
Review Learnings	

Activity Review Capture Sheet	
Name of Activity	
Date (include time commenced and finished)	
Location	
Your role	
Participants	
Weather Conditions	
Activity management planning considerations	
Risk management planning considerations	
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Activity Review Capture Sheet	
Name of Activity	
Date (include time commenced and finished)	
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Your role	
Participants	
Weather Conditions	
Activity management planning considerations	
Risk management planning considerations	
Emergency planning considerations	
Equipment & logistics considerations	
Review Learnings	

Sample Paddling activity log book:

Name:						
Activity Log				Skill: Paddling		
Date	Activity / event & location & type of paddling activity	Type of craft	Notes, including weather conditions, equipment taken, activities undertaken while paddling	Participants	My Role	Name of Activity Leader/ team leader & contact details

<p>Pathways</p> <p>Youth Program</p> <p>Adult Training & Development</p> <p>Scouts Australia Institute of Training</p>	<p>This document can be uploaded into Scouts Terrain as supporting evidence for the relevant youth program Outdoor Adventure Skills Stages.</p> <p>Please retain a copy of your completed and assessed workbook to allow you to use it as supporting evidence for the awarding of the related Scouts Australia adult training outcome.</p> <p>Please retain a copy of your completed and assessed workbook to allow you to use it as partial evidence for Recognition of Prior Learning (RPL) by enrolling in SAIT and being assessed by an appointed SAIT Assessor in to achieve a Vocational Education and Training (VET) outcome.</p> <ul style="list-style-type: none"> • Please note that the Assessor for SAIT or your peers for OAS may request further supporting evidence where necessary.
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