



CVSS Sailing for People with Disabilities

Certificates of Achievement Katakanu

RECORD OF ACHIEVEMENT

This document should be kept by the paddler/paddler's assistant and brought to CVSS sessions to record achievements.

NAME OF PADDLER:	DATE BEGUN
SCHOOL OR ORGANISATION:	
PADDLING SESSION: (eg Mon 11.30)	
LEVEL : 1 STAR	DATE ACHIEVED
1. Willing/happy to be assisted into a buoyancy aid.	
2. Willing/happy to be helped into a Katakanu.	
3. Willing/happy to sit or lie in a Katakanu.	
4. Happy to be taken for a trip around the lake in the Katakanu.	
5. Able to hold a paddle with assistance. (Hand over hand)	
6. Willing/happy to be assisted off the katakanu.	
CRITERION 4 out of 6	



LEVEL : 2 STAR	DATE ACHIEVED
1. Able to point to buoyancy aid of the correct colour for personal use (choose 1 from 2)	
2. Able to put on buoyancy with some support. (For example adult holding it for paddler to get arms in and seating zip*)	
3. Able to give a simple explanation of why paddlers wear buoyancy aids*	
4. Able to say/sign what is needed to make the katakanu move (a paddle)	
5. Able to get into katakanu with some support	
6. Able to paddle with assistance (3 minutes)	
7. Able to hold a paddle independently (5 minutes).	
8. Able to get off katakanu with some support	
CRITERION 6 out of 8	
LEVEL : BRONZE	DATE ACHIEVED
1. Able to put on buoyancy aid with minimal support	
2. Able to get into katakanu when instructed with minimal support.	
3. Able to follow simple instructions- paddle now/stop paddling	
4. Able to use paddle in a paddling action (forwards) independently when encouraged by verbal support	
5. Able to continuously paddle forward without stopping. (3 minutes)	
6. Able to get out of katakanu when instructed with minimal support.	
7. Able to point to named parts of the katakanu (Hulls, Seats, Trampoline/deck)	
8. Able to hold paddle with correct grip*	
CRITERION 6 out of 8	



LEVEL : SILVER	DATE ACHIEVED
1.	
2. Able to correctly fit a buoyancy aid independently.	
3. Able to identify the parts of a paddle (T-piece, shaft, blade)	
4. Able to demonstrate the safest way of getting on and off a katakanu	
5. Able to name parts of the katakanu (seats, hulls trampoline/deck)	
6. Able to say how many people can use the KK and point to where they sit	
7. Able to say what type of clothes to wear to katakanu*	
8. Able to paddle backwards	
CRITERION 5 out of 7	

LEVEL : GOLD	DATE ACHIEVED
1. Able to identify the right and left sides of the katakanu	
2. Able to paddle as part of a team (in rhythm)	
3. Able to paddle backwards on command.	
4. Able to demonstrate how to paddle (on land)	
5. Able to demonstrate how to paddle (on boat)	
6. Demonstrate draw stroke on command*	
7. Demonstrate a sweep stroke on command*	
CRITERION 6 out of 7	

As you complete each level please inform CVSS so that a certificate can be prepared.