



CVSS Sailing for People with Disabilities

Katakanu Skills Development Scheme Levels of Achievement

**Each statement in the criteria begins “The Paddler is”
See attached explanatory notes before beginning each level**

1 STAR

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

2 STARS

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

BRONZE

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 4 out of 8

SILVER

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

CRITERION 5 out of 7

GOLD

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

STUDENTS WILL RECEIVE A CERTIFICATE FOR EACH LEVEL

Certificates of Achievement

Katakanu

EXPLANATORY NOTES - PLEASE READ BEFORE PREPARING PADDLERS FOR THE SCHEME

- The purpose of this scheme is to extend the skills of CVSS paddlers and to record their achievements. It is open to CVSS paddlers of all ages.
- The preparation and assessing of paddlers achievement will be carried out within normal paddling sessions.
- We expect much of the teaching and assessing to be carried out by the paddler's supporters/assistants with guidance from CVSS. As the paddler progresses to more "technical skills" CVSS will offer more advice.
- CVSS would like to thank the CANOE FOUNDATION who sponsored the development of this scheme.

ENTERING A PADDLER IN THE SCHEME

- A paddler /their assistant should ask the CVSS leader of the day or the Shore Officer for the paddler to participate. The assistant/paddler should read the scheme and notes and fill in the RECORD OF ACHIEVEMENT FORM. The paddler/assistant then takes responsibility for the form.
- There is NO COST to being involved in the scheme.
- We expect that most CVSS paddlers could achieve the 1 STAR level of the scheme; some will make progress though the scheme and achieve GOLD. We are proud of the achievements of all CVSS paddlers.

ETHOS OF THE SCHEME

- We wish to record the achievements of all CVSS paddlers. The scheme has been designed with regard to the possible impacts of physical difficulties (some paddlers are hoisted into katananus), learning difficulties and visual impairments. Where the criteria specifies "name" etc the paddler may use signing.

EXPLANATORY NOTES ON CRITERIA

- We expect that assistants with paddlers on the scheme will prepare the paddlers by "directed talk" on visits to CVSS in the weeks before the assessment – for example discussing what type of clothes are suitable, that buoyancy aids keep you safe –or keep you afloat (at a level suitable for the paddler) etc

1 STAR

- 5 "hand over hand" the paddlers hands are on paddle with assistant's hands over them guiding them into place

2 STARS

- This task can be simplified so that the paddler chooses between 2 buoyancy aids of very different sizes/colours held out to them. The aids should be shown in good light; visually impaired paddlers may chose by touching the items to assess size.

- “Seating” a zip. The beginning of doing up a zip is where 1 part is fitted into the other BEFORE the zip is drawn up to close it. The seating action is difficult for young children and those with coordination difficulties

BRONZE

- Paddler’s assistants should decide on the terminology “deck” or “trampoline” and use it consistently so the paddler learns the term.
- Correct grip. One hand on the T piece the other on the shaft by the blade. When in the water the paddle held at right angles to the side of the KK

SILVER

- Clothing. The key is that the paddler has some ability to give a “safety response”. In summer “What kind of clothes do we wear to paddle?” a response such as “Clothes so we don’t get sun burnt” would be fine; in cold weather “Clothes to keep me warm and dry” would be fine.

GOLD

- When paddlers are being prepared for GOLD level **ROB FREEMAN SHOULD BE CONSULTED DIRECTLY**- he is willing to come to the lake to advise

DRAW STROKE FOR USE WITH KATAKANU

Draw stroke is used to move boat sideways- for example to get alongside a jetty.

Hold paddle at side of KK in the water.

Rotate so the edge of blade is at right angles to hull.

Push the blade away through the water.

When paddle is at appropriate distance from hull, rotate so the blade is parallel to the hull.

Draw the paddle in towards the hull.

When the paddle reaches the hull rotate the blade again so the blade is at right angles to the hull and repeat until the KK moves the required distance sideways.

SWEEP STROKE WITH KATAKANU

Used to turn the boat efficiently

Hold the paddle as forward paddling but horizontally.

Reach forward as for a normal forward stroke.

DIP the paddle just below the surface of the water and draw the paddle back to describe a semicircle in the water back to rest position. Then repeat.

To turn rapidly

One side of the boat paddlers do the sweep stroke forward the other side do it in reverse and the boat turns in its own length.

A sweep stroke can correct veers in the course of the KK from a straight line/the chosen course



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