

BCU Safe SOT, Kayak and Canoe fishing training syllabus.

Course Philosophy;

Fundamentally this course is aimed at SOT and Canoe paddlers who predominantly use their craft to fish from.

Course Aims;

The course aims to introduce the participant to fundamental skills and key safety considerations when fishing and to provide further information of other training required and courses available.

Venue and Duration;

Sheltered water, the course will typically take place over a day and include a minimum of 6 hours teaching time.

Risk Disclosure;

All participants must be aware of the risks associated with their involvement in rescues. The course tutor will endeavour to make you aware of these by introducing and coaching ways to minimise the risks for all involved.

Course Content;

Personal paddling skills; (standard equates to Paddlesport Start)

- ⑤ Show active posture and balance
 - ⑤ Go forwards in a straight line.
 - ⑤ Move backwards
 - ⑤ Stopping
 - ⑤ Turning
 - ⑤ Moving sideways
 - ⑤ Steering and edging
 - ⑤ Safe moving and Handling. - Use of trolleys.
 - ⑤ Securing
 - ⑤ Launching and landing
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- ⑤ Basic mooring and anchoring techniques.
 - ⑤ Stowing equipment prior to a surf landing.
 - ⑤ Attaching yourself to the kayak.

Rescues;

- ⑤ Basic Towing
- ⑤ Assist an incapacitated paddler back onto their SOT
- ⑤ Self Rescue; The importance of keeping both sides of the re-entry zone clear of equipment to assist safe self rescue.
- ⑤ Basic incident management and emergency comms.

Theory,

Equipment;

- ⑤ Appropriate types/design of craft, Buoyancy aid and clothing. Safety Kit.
- ⑤ Key features of the kayak e.g. bung and hatches, use of additional buoyancy.
- ⑤ The Risks of overloading and incorrect loading of the kayak. The importance of correct Trim
- ⑤ “Leash it or Lose it,” for all equipment.
- ⑤ The use of a leash to attach the paddle to the kayak.
- ⑤ Access, knowledge of insurance, local codes of conduct and bio-security
- ⑤ Environment, candidates are to be made aware of environmental conditions that affect water conditions when paddling beyond sheltered waters e.g. wind, tide and surf and where to receive further training.
- ⑤ Importance of head and eye protection when fishing
- ⑤ Fishing at night, use of lights and reflective tape.

BCU Safe SOT, Kayak and Canoe fishing training Trainers notes.

Philosophy;

The course aims to provide fishermen with fundamental paddling skills (equating to Paddlesport Start PSS). And key safety considerations when fishing; Tutors need to understand that SOT fishermen primarily use their craft to get them to the fishing spot and fishing not paddling is the key aim.

The course is fundamentally a training course however where appropriate the PSS can be awarded.

The course is basic in nature especially with regard to planning and paddling in moderate water environments therefore; where needed the students should be directed to further training required and courses available e.g. 3 star, Coastal Navigation and tidal Planning, and VHF training.

Throughout the course the tutor should stress the need for the paddler to practice all the skills learnt

Tutor;

Min Active and experienced level 3 sea coaches with an understanding of SOT fishing. Ratio 1:6

Where they do not have a working knowledge of SOT fishing a second active and experienced SOT fisherman should be used to deliver the course Ratio 2:8.

Course Content:

Some time should be spent on looking at kit particularly pros and cons and must haves.

Understanding that the SOT has min inherent buoyancy, and the limitations of access to the front hatch on the water, methods of attaching kit to the SOT.

Min Kit List.

Appropriately dressed

PFD

Knife(blunt tip)

Suitable length of craft for directional stability min 12 foot

Paddle leash

Pump/sponge

The following to be carried on the person in the PFD or suitable bum bag: Day /night flare, VHF Radio, Phone,

Bivvy Bag

Hand bearing compass

Tow system (min a boats length of 8mm floating rope with a Karabiner at one end, other end clean)

Personal Skills

The importance of good posture and an effective and efficient forwards paddling stroke.

Use of paddle leash, paddle as a drogue and the concept of attaching themselves to their craft.

Fishing module 15/5/12

Mooring, this at a basic level , (where wind or and tidal conditions allow for the easy retrieval of the anchor), and the key is to make paddlers aware of the key issues;
Anchor set up including tripping.
No direct attachment, quick release.
No over the side, use of a trolley.
Deploying and retrieving a drogue.

Rescues

Here the philosophy is that of being able to self rescue themselves and assist their buddy both getting back on and a simple tow. If towlines are used demonstrate inherent safety features.

Helping an incapacitated paddler back on their SOT.

Run through a simple incident and calling for help in an emergency.

Theory

The importance of : paddling in company, telling someone where you are going and when you will be back. Notifying the coastguard CG66.

Foundation planning skills;

Students should come away from the course with an appreciation of the changeable environment they are fishing in and the effect conditions will have on them.

- ⑤ Where to get a forecast.
- ⑤ Interpretation of forecast wind speed and direction (offshore and on shore), visibility and wave generation.
- ⑤ Basic understanding of vertical and horizontal movement of tide.
- ⑤ Knowledge of paddling speed.
- ⑤ Basic principles of coastal navigation, taking a simple compass bearing.