**Outdoor Education - Review and reflection tool (Practical skills and abilities) – Kayaking/Canoeing**

Assessment rating 0 – 5 where, 0 = Needs improvement, 3 = OK and 5 = Very good

| Skill Descriptor | Self - Pre Assessment | Post assessment (0-5 or NI, OK, Good) | Evidence |
| --- | --- | --- | --- |
| Self | Peer | Teacher |
| Activity skills |
| * Entry / exit
 |  |  |  |  |  |
| * Paddling
* Forward / backward / stop
* Sweep strokes
* Support strokes
* Draw
 |  |  |  |  |  |
| * Capsize/rescues
 |  |  |  |  |  |
| * Distance – touring
* packing distribution
* equipment available
 |  |  |  |  |  |
| * Teamwork
 |  |  |  |  |  |
| * Pack up
 |  |  |  |  |  |
| * Fitness
 |  |  |  |  |  |
| Planning and preparation before camp |
| Preparation |
| * Trip planning & organisation
* Planning model
* Suitability
* Notes and responsibilities
 |  |  |  |  |  |
| * Equipment selection/suitability
 |  |  |  |  |  |
| * Location knowledge
 |  |  |  |  |  |
| * First aid knowledge
 |  |  |  |  |  |
| * Route planning
* Nav data sheet
* Distances, times and going
 |  |  |  |  |  |
| * Menu planning
* nutritional value
* quantities
 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| * Risk management planning & documentation
* ID risks/hazards
* Risk reduction strategies
* ERP/first aid
* Personal and group FAK
 |  |  |  |  |  |
| * Weather checking
* forecast for location
* predicting weather impacts
* adjustments for weather
 |  |  |  |  |  |
| ON TRIP skills and abilities |
| Navigation |
| * Follows and uses route card
 |  |  |  |  |  |
| * Adjusts plan as needed
 |  |  |  |  |  |
| * Uses map and compass
 |  |  |  |  |  |
| * Uses navigation techniques e.g.
* Thumbing
* Handrails
* Catching features
* Attack points
* Conduct resection
 |  |  |  |  |  |
| Camp Craft |
| * Campsite layout
 |  |  |  |  |  |
| * tent location & safe use
 |  |  |  |  |  |
| * Food selection, cooking, safety & hygiene
 |  |  |  |  |  |
| * Cooking circle & fuel dump
 |  |  |  |  |  |
| * Campsite safety
 |  |  |  |  |  |
| Risk management |
| * Identify and avoid risks
 |  |  |  |  |  |
| * Monitor risk
 |  |  |  |  |  |
| * Deal with risks/hazards
* Injuries e.g. heat /cold
* Action person or group lost
* Search & rescue
 |  |  |  |  |  |
| * Emergency response plan
 |  |  |  |  |  |
| * Use emergency & communication equipment
 |  |  |  |  |  |
| Group/team work  |
| * Use front and back markers
 |  |  |  |  |  |
| * Working with partner/group
 |  |  |  |  |  |
| * Accepting advice/help
 |  |  |  |  |  |
| * Cooperative member of group
* Listening to & valuing others
* Reliable & trustworthy
* Inclusive & helpful
 |  |  |  |  |  |
| * Individual/group/task needs
 |  |  |  |  |  |
| * Maintains individual and group morale
 |  |  |  |  |  |
| Leadership |
| * Contributing to discussions and decisions
 |  |  |  |  |  |
| * Decision making process used
 |  |  |  |  |  |
| * Styles employed/observed
 |  |  |  |  |  |
| * Aware duty of care/negligence
 |  |  |  |  |  |
| * Building individual and group skills & morale
 |  |  |  |  |  |
| * Considers individual/group needs
 |  |  |  |  |  |
| * Shows initiative, responsibility and self-reliance
 |  |  |  |  |  |
| MIC |
| * Packaging/rubbish minimised
 |  |  |  |  |  |
| * Rubbish disposed of/stored appropriately
 |  |  |  |  |  |
| * Water use and disposal
 |  |  |  |  |  |
| * Washing / cleaning methods
 |  |  |  |  |  |
| * Toileting techniques
 |  |  |  |  |  |
| * Trampling minimised/avoided
 |  |  |  |  |  |
| * Ecological understanding
 |  |  |  |  |  |
| * Use of fires (if permitted)
 |  |  |  |  |  |
| Post Trip |
| * Pack up clean up
 |  |  |  |  |  |
| * Clean, repair & return equipment
 |  |  |  |  |  |
| * Injuries recorded
 |  |  |  |  |  |
| * Review/reflect & analyse/ evaluate
 |  |  |  |  |  |