**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 |  |  |  |  |  |