

Kayaking Skill Sheet.

Participant Name:

Skills Criteria:

Comments and Feedback for participants working to achieve their “Bronze” level:

Bronze:

- Paddled in a program kayak without assistance
- Has been flipped in a program kayak and demonstrated an ability to react appropriately
- Can enter and exit a kayak
- Has learned about and can name the parts of the boat and the paddle
- Demonstrates that they know the difference between a program kayak and a sea kayak
- Can launch from shore in their kayak
- Able to front and back paddle
- Able to make a proper seal with a kayak skirt

Comments and Feedback for participants working to achieve their “Silver” level:

Silver:

- Has attempted rolling in a kayak
- Paddled in a sea kayak and can use the rudder
- Uses whistle and paddle signals to effectively communicate:
 - Getting groups attention
 - Stop
 - Go
 - Raft-up
 - Emergency
- Has demonstrated bracing
- Can change direction proficiently

Comments and Feedback for participants working to achieve their “Gold” level:

Gold:

- Can consistently successfully roll a kayak
- Demonstrates pivoting
- Demonstrates sideways paddling
- Demonstrates shoulder lift and carry of a program kayak
- Demonstrates exceptional commitment to communication and water safety

Additional Comments:

Platinum:

Must be completed in an extended kayak tripping capacity, I.e. Sea Kayakers or Greenway

- Demonstrates ability to prevent a capsize and paddle effectively in a variety of weather
- Logged 6 days sea kayaking experience
- Shows significant dedication to improving paddle technique and form
- Able to load and unload a sea kayak without causing undue damage to gear
- Able to pack appropriately for a sea kayak trip

Additional Comments: