

SUNCOAST SENIORS RECREATIONAL KAYAKING CLUB INC.

Members Minimum Skills Requirement for Granting Continued Paddling Rights

Tick to indicate successful demonstration of an element

- Ability to Paddle for an extended period (3-4 hours) as per the outing needs of the club
- Straight line paddling – Keeping course with and/or without rudder; stroke correction; steerage
- Paddle backwards
- Paddling in close proximity to others – side by side; nose to tail
- Coming alongside
- Sweep stroke; draw stroke
- Ability to change directions easily and quickly
- 180 and 360 degree turns
- Emergency stops and obstacle avoidance
- Enter and exit the boat from shore and in shallow water with and without paddle support
- Ability to tip out and swim with kayak to shore

Name _____ Date of Assessment _____

_____ is recommended for approval of

- full paddling rights with the club or
- reassessment after more practice

Club's Qualified Instructor

