

Basic skill assessment

ACTIVITY	Not yet competent	Competent
SECTION 1 - STROKES		
Presentation of kayak and equipment		
Understanding of basic safety equipment (refer below)		
Enter & exit kayak with & without paddle support		
Launch and land efficiently		
Forward paddling		
Paddling in a straight line with & without rudder		
Stroke correction re forward paddling		
Paddling backwards – looking over shoulder		
Emergency stop		
Coming along side – bank, another kayak, paddling beside		
Forward sweep stroke		
Reverse sweep stroke		
Draw stroke (moving kayak sideways)		
Bracing – low support		
Turn the kayak 180 & 360 (left/right and a combination)		
SECTION 2 - CAPSIZING		
Capsize and swim under kayak		
Swim 25m pushing/pulling kayak & with shoes, clothes & PFD		
Attempt an assisted rescue – (hook or cowboy method)		
Empty kayak with a partner		
Ability to paddle 3-4 hrs on a Thursday club outing		

SECTION 3 – MARITIME & WEATHER AWARENESS		
Basic understanding of Maritime Qld rules & regulations		
Understanding tides, currents and weather forecasts (BOM)		
Kayak requirements – PFD, secure hatches, toggles, grab rope, kayak buoyancy, bailer/sponge or pump, painter (rope for towing or tying up) Fixed floatation both ends		

Recommended for SSRKC membership

Applicant's Name

Assessment date

Instructor's Name

Signature