

Sea Kayaking Skills Self Assessment Guide

Please use the following descriptions and criteria to place yourself into one of the three categories. Self-assessment is important to you, to us and to other participants. As a participant, it helps ensure that you're learning at the most appropriate level. When a class is too challenging or not challenging enough, effective learning is greatly reduced. Self-assessment helps us manage risk and allows participants to learn and perform at a reasonably equal level.

*Self-assess yourself into the category that best describes your paddling experience and competence. You do not have to meet **every** criteria of the category, but should meet many of them.*

Advanced Beginner Paddler

The Advanced Beginner has some formal instruction and can perform self rescue and assisted rescue in flat water. They have a basic understanding of how strokes work. Performance of the skills are generally consistent, but the intended outcome is achieved less than 50% of the time when brought into wind or waves. They are able to maneuver their kayaks in tight spaces and can paddle 6-8 miles in a protected coastal or inland environment in a day

Intermediate Paddler

The Intermediate paddler can perform all of the desired skills of an advanced beginner efficiently and effectively. They understand the strokes, are able to perform them generally consistently in conditions and the intended outcome is achieved more than half of the time. They are proficient with deep water rescues, towing techniques and roll their boat in flat water. The intermediate paddler can perform those skills in winds up to 15kt, moving water up to 3kt and waves up to 3ft and can paddle 8-15 miles in a day.

Advanced Intermediate Paddler

The advanced intermediate is comfortable in the environment. Performance can be described as proficient and the desired outcome is achieved almost always. The advanced intermediate paddler has a reliable roll, can effect a rescue and perform strokes in wind up to 20kt, moving water up to 4kt and waves greater than 3 ft., is in good physical condition and can paddle 15-20 miles in a day.