

Moving Water Skills Assessment and Check-Off Requirements

Check off is designed to evaluate your ability to perform all of the skills listed and demonstrate an appropriate level of paddling knowledge. This assessment course provides the opportunity for you to receive documentation of having achieved this level of paddling ability. For this moving water, river check-off, please note that volunteers are not in charge of safety or the rescue of someone! Volunteers will help keep others to the sideline if an incident occurs. This check-off assess skills needed to be on the river, and not be someone that needs to be rescued.

****NOTE:** Volunteers looking to support moving water clinics are also encouraged to attend Kayaking 2 (Essentials to River Kayaking).

MANEUVERS to be performed with appropriate and efficient strokes, while maintaining the trim and balance of the craft.

1. Put on a life jacket appropriate for the operator's size, craft, and activity.
2. Use proper techniques to safely lift and carry the kayak on shore
3. Enter and launch kayak from shore in a controlled manner, checking for clear departure.
4. Propel the kayak forward in a straight line 15-20 boat lengths.
5. Stop the kayak within two boat lengths
6. Move the kayak backwards 3-4 boat lengths
7. Move the kayak sideways to each side 10 feet (3 meters)
8. Turn the kayak from a stationary position 180° to the right and left
9. Turn the kayak while maintaining forward motion 90° to the right and left Propel the kayak in a figure of 8 course around markers 3-4 boat lengths apart
10. Tripping: experience paddling at least a short duration (1 hour) and distance (1 mile/1.6 km) day trip
11. Arrive at destination point, checking for clear approach, and exit the kayak in a controlled and safe manner
12. Secure the kayak and equipment before leaving unattended, with attention paid to environment and conditions
13. Exit the craft after capsizing, using proper body position and contact with the craft and paddle.
14. Rescue self and the kayak using an effective self-rescue technique (e.g., swim self and boat to shore, or deep-water reentry).
15. Assisted re-entry: heel hook/stern entry/others appropriate to conditions Bulldoze or tow kayak or swimmer to shore
16. Calmly wet exit the kayak after capsizing, using proper body position and contact with the kayak and paddle. Exit the kayak with a spray skirt after capsizing, must be modeled two ways: (1) utilizing the spray skirt grab loop and (2) releasing the spray skirt off the hip
17. Demonstrate a right and left eddy turns and S turns.
18. Demonstrate Fairing across a rapid twice.
19. Calmly execute a safe and effective roll from a non-setup position.