

Trip Levels do not necessarily require ALL of the skills that are listed for that particular level due to the venue or the Leader may not require it. Please feel free to contact your Trip Leader for details.

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Skills Self Assessment Chart		Paddle Trips			
		Level Recreational	Level 1	Level 2	Level 3
Essential Requirements					
Be Able To Swim		•	•	•	•
Physically fit to paddle		•	•	•	•
Entry/ Exit Boat					
Surf Launches & Landings < 2 ft				•	•
Surf Launches & Landings > 2 ft					•
Paddling Skills					
Forward Stroke		•	•	•	•
Sweep Strokes For Turning			•	•	•
Reverse Stroke			•	•	•
Moving Kayak Sideways				•	•
Brace Strokes				•	•
Rescues					
Ability to Wet Exit When Wearing Sprayskirt		•	•	•	•
Assisted Rescue				•	•
Self Rescue After Wet Exit				•	•
Towing				•	•
Typical Distance		Cruising			
2-5 Miles		1- 2 mph	•	•	•
Under 5 Miles		2-3 mph		•	•
5-10 Miles		2-3 mph			•
Over 10 Miles		> 3 mph			•
Wave		Wind			
Calm		< 4 mph	•	•	•
< 1 foot		< 6 mph		•	•
< 2 feet		< 12 mph			•
< 3 feet		< 15 mph			•