

Skills Self Assessment Chart			Paddle Trips			
			Level 0	Level I	Level II	Level III
Essential Requirements						
Be Able To Swim			•	•	•	•
Physically fit to paddle			•	•	•	•
Entry/ Exit Boat						
Without Assistance From Shore			•	•	•	•
From Low Dock					•	•
Surf Launches & Landings < 2 ft					•	•
Surf Launches & Landings > 2 ft						•
Paddling Skills						
Forward Stroke			•	•	•	•
Sweep Strokes For Turning				•	•	•
Reverse Stroke				•	•	•
Edging & Low Brace Turns					•	•
Sculling Draw Strokes					•	•
Bow Rudder & Bow Draw						•
Brace Strokes In Rough Water						•
Rolling						•
Distance Up To		Cruising Speed				
3 Miles		1- 2 mph		•	•	•
5 Miles		2 - 3 mph			•	•
10 Miles		3 - 4 mph				•
18 Miles		> 4 mph				•
	Wave	Current	Wind			
	Calm	< 1 mph	< 4 mph	•	•	•
	< 1 foot	< 1 mph	< 6 mph		•	•
	< 2 feet	< 2 mph	< 12 mph			•
	< 3 feet	< 4 mph	< 15 mph			•
Rescues						
Wet Exit				•	•	•
Assisted Rescue					•	•
Self Rescue After Wet Exit						•
Towing						•
Wet Re-entry in Rough Water Assisted by Partner						•
Roll						•