

Assessment and Dry Land Training Guide

Guest Name:

Entering and Exiting a Kayak

- Grasp the front combing of the cockpit with both hands.
- Put one foot into the kayak, then the other.
- Sit down.
- Gets out of the kayak with three points of contact. (bring people who may be stiff in backwards on the beach for easier disembarkment – they are exiting with gravity)

Seating Position

- Butt back and shoulders forward.
- Feet on foot pegs with knees against the side combing
- Centered in the boat
- Stable position
- Skin safety

Use of a Paddle

- Holds paddle with hands shoulder width apart
- Alternates arm movements
- Reaches forward
- Paddle is under water for the full stroke on both sides
- Forward stroke
- Backward stroke
- Stops (firm, short forward stroke)
- Turns – paddle ten times on the same side
- Turns – forward/backward stroke used in combination

Safety and Rescues

- Places paddle across the cockpit to rest (does not let it drag alongside the boat)
- Reach, Throw, Row, Go
- Brings hat/sunglasses, sun screen, water

Behaviors

- Stays in a kayak while on the water
- Respects others on the water (avoids fishermen, avoids other paddlers, does not splash)
- Does not stand up in kayak
- No bad language
- Hands in the kayak not playing in water