



Sea Kayak Paddling Skills Certificate

Team Name: _____ Team Number: _____

Team Captain: _____ 1st Teammate: _____

2nd Teammate: _____ 3rd Teammate: _____

Skills – Technique

Boat/paddling maneuvers (Demonstrate on the water):

- Boat over boat rescue, portage/carries, rigging-gear attachment, throw-rope/tow rope location, load distribution, paddling through rough seas, how to enter/exit a sea kayak, how to waterproof stow gear, how to enter/exit a capsized sea kayak, haul systems, capsize drill and swimming 50 meters with kayak and paddle to the bank, low brace turns, stern rudder, deep water rescue, capsize and self rescue.
- Paddle strokes – forward and back strokes, draw stroke, turning strokes, bracing, stern sweep, stop.

Sea rescue/safety (Explain/Discuss):

How to swim, aggressive swimming, communication-paddle signals/whistle use, rescue priorities (people, boats, gear), hypothermia-prevention and treatment, how to receive a throwrope, proper clothing, boat-types, flotation, repairs, paddle-types, hand position, length, lifejacket-fit, types, (location of whistle/knife), helmets, bailers.

Navigation (Demonstrate on the water)

- Using map and compass to orient oneself to the environment, noting true North plus any declination.
- Using map and compass to navigate to a known point, using bearing readings.
- Using map to dead reckon.

Demonstrate: throwbag use – throwing side arm, overhand, underhand, re-stuff, re-throw. Buoyancy aid should be securely fitting, free of defects and of 6.2kg minimum buoyancy.

Instructor/Agent Name	Name of Business	ACA/Outward Bound Certification # if applicable	Date

Address/State/Zip	Phone Number

Location (waterway) where skills performed _____

Instructor/Agent has witnessed the follow individuals perform the required skills listed above:

Signature

Certifies that:

Mr./Ms/_____ has the skills and experience levels required.

Mr./Ms/_____ has the skills and experience levels required.

Mr./Ms/_____ has the skills and experience levels required.

Mr./Ms/_____ has the skills and experience levels required.

This completed certification form must be mailed in before November 20, 2001.