

ASSESSMENT – LEVEL 1 SKILLS

Participation

1- Attend and actively participate both days of the course

Self rescue

2- Perform a controlled wet exit

3- Perform a self rescue (e.g. using paddle float)

Assisted rescue

4- Perform an Eskimo rescue (both rescuer and rescuee)

5- Perform a second type of assisted rescue

Paddling skill

6- Able to control the kayak under Level 1 paddling skills conditions