

SKILLS SELF-ASSESSMENT RUBRIC



| | Proficiency Levels | | | | | | |
|---|--------------------|---|---|---|---|---|---|
| | Newcomer | 1 | 2 | 3 | 4 | 5 | 6 |
| Essential Requirements | | | | | | | |
| Swim or Move 25m in deep water, wearing PFD | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Enter and Exit Boat Without Assistance at Shoreline | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Continuously paddle for 30 minutes | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Continuously paddle for 60 minutes | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Continuously paddle for 60 minutes, for 2 or more sessions the same day | | | | ✓ | ✓ | ✓ | ✓ |
| Continuously paddle for 90 minutes, for 2 or more sessions on same day | | | | | ✓ | ✓ | ✓ |
| Continuously paddle multiple 120 minute sessions on the same day | | | | | | ✓ | ✓ |
| Continuously paddle multiple 180 minute sessions on the same day | | | | | | | ✓ |
| Recovery (When you are the one in the water) | | | | | | | |
| Controlled Wet Exit* from kayak in deep water maintaining hold of paddle and kayak, AND Assisted Rescue**, e.g., heel hook | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Self-Rescue*** with paddle float, or without paddle float, e.g., cowboy or scramble, in calm conditions | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Self-Rescue*** with paddle float, or without paddle float, e.g., cowboy or scramble, in 0-11kts winds | | | | ✓ | ✓ | ✓ | ✓ |
| Self-Rescue*** with paddle float, or without paddle float, e.g., cowboy or scramble, 12-19 kts wind, 3 kts current, 1m seas | | | | | ✓ | ✓ | ✓ |
| Wet Re-entry With Assistance (100% success rate), Rolling 1-side (66% success rate) in 12-19 kts wind, 3+ kts current, 1 m seas | | | | | | ✓ | ✓ |
| Roll either side (75% success rate) in 20+ kts wind, 3+ kts current, 1+ m seas, exposed surf | | | | | | | ✓ |
| Rescues (When you are helping someone else) | | | | | | | |
| Assisted Rescue** of a person in the water and their boat, in calm conditions | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Assisted Rescue** of a person in the water and their boat, in 0-11 kts | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Coordinate rescue efforts of a group on the water; contact emergency services if required. | | | | ✓ | ✓ | ✓ | ✓ |

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| Towing, Assisted Rescue** of a person in the water and their boat, in 12-19 kts wind, 3 kts current, 1 m seas | | | | | ✓ | ✓ | ✓ |
| Assisted Rescue** of a person in the water and their boat, in 12-19 kts wind, 3+ kts current, 1m sea, AND Recognize request for bow rescue and properly position kayak | | | | | | ✓ | ✓ |
| Assisted Rescue** of a person in the water and their boat, in 20+ kt wind, 3+ kt current, 1+ m seas | | | | | | | ✓ |
| Boat Propulsion and Paddler Endurance | | | | | | | |
| Propel kayak in a straight line in calm water for 250 metres | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Beginning body rotation on forward stroke while maintaining straight line, for 500 metres, in 0-11 kts wind | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Advanced body rotation while moving at 3kts for 30 min in 0-11kts wind | | | | ✓ | ✓ | ✓ | ✓ |
| Fluid powerful movement at 3.5 kts for 60 min in 12-19 kts wind | | | | | ✓ | ✓ | ✓ |
| Fluid powerful movement at 3.5 kts for 90 min in 12-19 kts wind | | | | | | ✓ | ✓ |
| Fluid powerful movement at over 3.5 kts for 120 min in 20+ kts wind | | | | | | | ✓ |
| Boat Maneuvers and Strokes | | | | | | | |
| Basic Forward & Reverse Stroke, Stopping, Sweep Strokes, Pivot Turns | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Beginning Edge Control, Draw Stroke, Low Brace, Stern Rudder, Docking | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Edge Control, Draw Stroke, Low Brace, Stern Rudder, Docking | | | | ✓ | ✓ | ✓ | ✓ |
| Advanced Edging & Draw Strokes, High/Low Brace Turns, Bow/Stern Rudders, Stern Pry | | | | | ✓ | ✓ | ✓ |
| Advanced Linking of Strokes in Choppy Seas & Breaking Waves | | | | | | ✓ | ✓ |
| Advanced Linking of Strokes in Rough Seas, Swell & Surf | | | | | | | ✓ |
| Prevent Capsize | | | | | | | |
| Maintain good balance with boat stable during calm conditions | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Low brace and high brace in calm conditions | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Brace to prevent capsize during edging/leaning in light chop, 0.5 kts current, 0-11 kts wind | | | | ✓ | ✓ | ✓ | ✓ |
| Brace to prevent capsize during edging/leaning in 1 m sea, 2 m swell, 3 kts current, 12-19 kts wind | | | | | ✓ | ✓ | ✓ |
| Brace to prevent capsize during edging/leaning in 1 m sea, 2 m swell, 3+ kts current, 12-19 kts wind, in exposed rocky areas and tidal races | | | | | | ✓ | ✓ |
| Brace to prevent capsize during edging/leaning in 1+ m sea, 2+ m swell, 3+ kts current, 20+ kts wind, exposed surf | | | | | | | ✓ |
| Wind | | | | | | | |
| Calm | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 0-5 kts | | | ✓ | ✓ | ✓ | ✓ | ✓ |

| | | | | | | | |
|--|--|---|---|---|---|---|---|
| 5-10 kts | | | | ✓ | ✓ | ✓ | ✓ |
| 10-15 kts | | | | | ✓ | ✓ | ✓ |
| 15-20 kts | | | | | | ✓ | ✓ |
| 20+ knots | | | | | | | ✓ |
| Current | | | | | | | |
| 1 kt (with and against) | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 2 kts (with and against) | | | | ✓ | ✓ | ✓ | ✓ |
| 3 kts (with and against) | | | | | ✓ | ✓ | ✓ |
| 3+ kts (with and against) | | | | | | ✓ | ✓ |
| Waves | | | | | | | |
| Flat, small ripples | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Light chop | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 0.5 m sea, 1 m swell | | | | ✓ | ✓ | ✓ | ✓ |
| 1 m sea, 2 m swell, light surf | | | | | ✓ | ✓ | ✓ |
| 1 m sea, 2 m swell, moderate surf | | | | | | ✓ | ✓ |
| 1+ m sea, 2+ m swell, exposed surf | | | | | | | ✓ |
| Day Trips | | | | | | | |
| Up to 6 nm total distance, no open water crossings | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Up to 6 nm total distance, less than 1 nm open water crossing | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Up to 10 nm total distance, up to 2 nm open water crossings | | | | ✓ | ✓ | ✓ | ✓ |
| 10-15 nm total distance, up to 3 nm open water crossings | | | | | ✓ | ✓ | ✓ |
| 15-20 nm total distance, 3+ nm open water crossings | | | | | | ✓ | ✓ |
| 20+ nm total distance, 3+ nm open water crossings | | | | | | | ✓ |
| Trip Skills | | | | | | | |
| Beginning Weather Forecasts & Tidal Predictions | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Weather Forecasts, Tidal Predictions | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Weather Forecasts, Tidal Predictions, Current Predictions, Use of Charts to Plan Day Trips | | | | ✓ | ✓ | ✓ | ✓ |
| Advanced Seamanship Skills, Beginning Risk Assessment Skills | | | | | ✓ | ✓ | ✓ |
| Advanced Seamanship Skills and Advanced Risk Assessment Skills | | | | | | ✓ | ✓ |
| Advanced Seamanship Skills, Risk Assessment and Incident Analysis Skills | | | | | | | ✓ |

Nanaimo Paddlers welcomes paddlers of all skill levels. This Skills Self-Assessment Rubric is partnered with the Skills Self-Assessment Questionnaire. The questionnaire is available at any time to members, at nanaimopaddlers.org, under the Resources tab, and your results sent to you by email.

You will be required to complete the questionnaire annually upon membership renewal. It is to your benefit to re-do the questionnaire whenever your skills profile needs updating, whether you are acquiring new skills or haven't performed a skill for more than 12 months.

Hosts who plan paddles will be able to see your most recent results, to determine whether you have the necessary skills for a particular paddle.

Paddlers must have a minimum of Nanaimo Paddlers Proficiency Level 1 before joining us on a paddle. If you do not yet have Proficiency Level 1 skills, please see the Kayak Instruction Regional Resource List under the Resources tab of our website, nanaimopaddlers.org. In addition, the Training tab will show you the current training opportunities available through the club.

Each posted paddle will have a description of the expected conditions on the outing: things like distance, duration, current, wind and open water crossings. You can use your self-assessment to determine if your skills are a good match for the paddle in the same way a host will. If you have any questions about the paddle, please contact the host. Note that you may receive a query from the host once you have signed up, if they have not paddled with you before and wish to discuss the paddle conditions.

Every club member is responsible for their own safety on and off the water.

* Wet Exit means: I can capsize my kayak in deep water, and then exit it in a controlled fashion, keeping hold of my paddle and my kayak.

** Assisted Rescue means:

- a) I can get back in my boat from the water, e.g. heel hook, with assistance, AND
- b) I can rescue a person in the water and a capsized kayak using appropriate assisted rescue techniques.

***Self Rescue means: I can rescue myself and my kayak, using appropriate rescue techniques, e.g., paddle float, cowboy or scramble rescue.

Speed: 1 kt = 1 knot = 1 nautical mile per hour = 1.852 km per hour = 1.15 miles per hour

Distance: 1 nm = 1 nautical mile = 1.852 km = 1.15 miles