



# Kayaking

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Qualified Instructor Required

Prerequisite: Intermediate Swimming Honor

1. Satisfy the examiner that you have knowledge of different types of kayaks (Slalom, river, touring, sea); the uses for each and the equipment necessary for safe kayaking (helmet, life jacket, sprayskirt, bow and stern loops, floatation in kayak).
2. Demonstrate an ability to enter and exit a kayak.
  - a. From a beach
  - b. From a pier or landing
  - c. From deep water
3. Demonstrate ability to complete the following strokes:
  - a. Straight forward and backward paddle
  - b. Left and right turn by forward and back paddling
  - c. Draw (sweep) stroke
  - d. Support stroke
  - e. Cross current paddling
4. Explain the steps involved in Eskimo rolling and demonstrate the proper method of doing this.
5. Explain how to repair a hole in fiberglass
  - a. Permanently in a workshop (fiberglassing)
  - b. Emergency repair on the riverbank (duct tape)
6. After completing a minimum of 2 training sessions complete either
  - a. An overnight kayak trip
  - b. Two day trips (one including some white water)