

Name: _____



Sea Kayaking Skills Checklist (Beginner-Intermediate)

PADDLING SKILL	INSTRUCTOR FEEDBACK & ASSESSMENT	STAFF CHECKOFF
Adjusting Footpegs		
Forward Stroke		
Reverse Stroke & Stopping		
Forward & Reverse Sweep		
Draw		
Sculling Draw		
Rafting Up		
Using a Rudder & Skeg		
Doing a Wet Exit		
Launching & Landing		
Stern Rudder		
Tracking in strong winds		
Low Brace		
High Brace		
Low/High Brace Turn		
Towing		
Bow Rudder		
Edging		
T-Rescue		
Paddle Float Rescue		
Bow Rescue		
Rolling		
Ferrying		
Other:		
Other:		

Name: _____



SUP Skills Checklist

PADDLING SKILL	INSTRUCTOR FEEDBACK & ASSESSMENT	STAFF CHECKOFF
Using a Leash		
Paddling in a Prone or Kneeling Position		
Paddling in a Stand-Up Position		
Forward Stroke		
Reverse Stroke & Stopping		
Forward & Reverse Sweep		
Launching & Landing		
Paddling in Waves & Wind		
Side Draw		
Cross Draw		
Nose Rudder		
Cross Nose Rudder		
Surf Stance		
Heelside Low Brace		
Walking the Board		
Cross Stepping		
Sunken Tail Pivot		
Pivot Turn on the Move		
Surfing		
Other:		
Other:		