



Paddlesport Safety and Rescue Skills Competency Checklist

Paddlesport Safety and Rescue Course

Skills Competency Checklist

Name: Provider: Date:

Craft used:

Skills / Knowledge	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
Skills						
Paddle skills (craft-based) for rescues						
Recover a swimmer to the shore using a boat/board based rescue						
Rescue a paddler and equipment using a deep water rescue (Canoe)						
Rescue a paddler and equipment using a deep water rescue (Kayak)						
Rescue a paddler and equipment using a deep water rescue (SUP)						
Rescue an unconscious/entrapped paddler (Canoe)						
Rescue an unconscious paddler (Kayak)						
Rescue an unconscious paddler (SUP)						
Recover an upright incapacitated paddler to the shore						
Self-rescue						
Ability to problem solve rescues						
Knowledge						
Calling for help and stabilising the situation						
Safety and rescue protocols						
The sheltered water environment (associated risks)						