Sea Kayak Safety and Rescue

Skills Competency Checklist

Sea Kayak Safety and Rescue Course

Skills Competency Checklist

Name: [   ]   Provider: [   ]   Date: [   ]

Skills / Knowledge	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
Skills						
Contact and towing rescues						
Self-rescues						
Assisted rescues						
Rescuing and emptying						
Getting a swimmer out of the water						
Dealing with multiple rescues						
Unconscious / unresponsive						
Dealing with a lost day hatch						
Flooded bulkhead						
Skeg failure						
Landing through surf or onto rocks						
First aid at sea and the shoreline						
Knowledge						
Sources of information, including tides, tidal ranges, weather, swell and surf						
Safety frameworks including clothing and group equipment						
Means of attracting attention						
Calling for help						