



**Surf Kayak Safety and Rescue
Skills Competency Checklist**

Surf Kayak Safety and Rescue Course

Skills Competency Checklist

Name: Provider: Date:

Skills / Knowledge	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
Skills						
Assisting swimmers						
Throwline rescues						
Walk in rescues						
Recovering equipment						
Self-rescues						
Assisted self-rescues						
Dealing with different craft						
Getting swimmers out of the water						
Shepherding						
Unconscious/unresponsive rescues						
Entrapped paddler						
Knowledge						
Sources of information, including tides, weather, swell and surf						
Safety frameworks including clothing and group equipment						
Decision making and planning						
Calling for help						