

KAYAKING

Public Programs in calm, flat water protected from wind, waves and outside boat traffic, with no apparent current, and within swimming distance of shore:

Leaders and Assistants should possess the following skills:

STROKES & MANEUVERS

LIFTING ~ CARRYING: Good, safe technique.

LAUNCHING: Ramp, low dock, or bank, for entering boat in a safe manner.

EFFICIENT FORWARD PADDLING: 50 yards in a reasonably straight line.

STOP: Stop the kayak from a good speed, forward and reverse.

REVERSE: 10 yard paddle with reasonable control, looking over shoulder.

ROTATE 360° ON THE SPOT: Spin kayak using forward and reverse sweeps.

TURNING ON THE MOVE: Sweep strokes while underway to turn boat.

FIGURE OF 8: Paddle a figure of 8 course using a variety of strokes.

LANDING: Return to ramp, dock or bank and exit boat in a safe manner.

DRAW SIDEWAYS: Move the boat sideways 10 feet, both sides.

RUDDERING: Trailing paddle to keep the boat straight at reasonable speed.

PREVENTING A CAPSIZE:

Low brace to stabilize and recover an off balance boat.

RESCUE & RECOVERY

WET EXIT: Capsize and wet exit, swim boat to shore or another boat and empty safely

ASSISTED RESCUE: T-Rescue to empty boat and any side-by-side assisted reentry.

KAYAK EXPERIENCE

EXPERIENCE: Has paddled at least a short duration (1 hr.) and distance (1 mi) on the same or similar waterways in the same or similar conditions.

TECHNICAL KNOWLEDGE

EQUIPMENT: Have a working knowledge of basic paddling equipment.

SAFETY: Understand the dangers of kayaking and how to avoid trouble.

HYPOTHERMIA & HYPERTHERMIA: Know symptoms and treatment.

ENVIRONMENT ISSUES: Has an understanding of ecology, water, and "Leave No Trace"

TRIP PLANNING: Familiar with how to prepare self for a short day-trip.

GROUP AWARENESS: Familiar with whistle and paddle signals and on-water group.

Public Programs in Protected Water (Man-made Embayments,

Natural Bays and Coves, Ponds, Lakes):

Leaders and Assistants should possess everything listed under Public Programs in Protected Coves or Embayments PLUS THE FOLLOWING:

STROKES & MANEUVERS

Preventing a Capsize: Efficient Low Brace. Show understanding of a High Brace.

RESCUE & RECOVERY

DEEP WATER RESCUE: Should be able to do at least 3 different assisted rescues (T-Rescue, Heel Hook + Roll, Scoop, Eskimo rescue, paddle rescue, yet) for different boats, and for paddlers of different sizes, weights and strength.

SELF RESCUE: unassisted, paddle float, heel hook and roll or other technique.

TOWING: Understanding how a tow system works. Understand different types of tows.

Towing a boat with paddler 50 yds; and effective release of a towing system in an emergency.

BASIC SAFETY EQUIPMENT: use of basic equipment spare paddle, float bag, waist mounted tow, contact tow, first aid kit, whistles, flares etc. **See Appendix 3 for basic equipment.**

VHF RADIO: Always have 2 radios on EVERY TRIP. Understand basic use and protocol of VHF radios. **See Appendix 6 for VHS Radio use**

BASIC FIRST AID: Carry a basic first aid kit in a dry bag See **Appendix 5 for basic first aid list.**

Public Programs in Non-Protected Water (river)

Leaders and Assistants should possess Everything Listed under Public Programs in Protected Water PLUS THE FOLLOWING:

STROKES & MANEUVERS

EFFICIENT FORWARD PADDLING: 200 yards paddle in a reasonably straight line

EFFICIENT REVERSE PADDLING: 50 yards paddle in a reasonably straight line

PADDLE a FIGURE OF 8 COURSE: With good control

DRAW SIDEWAYS: Move the boat sideways 15 feet with good directional stability

PREVENT CAPSIZE: Effective low and high braces, with boat well off balance

RUDDERING: Trailing stern rudder to keep the boat straight at reasonable speed

LOW BRACE TURN: A sweep stroke followed by a low brace with inside tilt to assist

LANDING: At ramp, low dock or bank under control without use of paddle and no damage.

Negotiating Obstacles: pier heads, pilings, eddies large wakes and traffic.

RESCUE & RECOVERY

Wet Exit: If in decked kayak, capsize and wet exit with spray skirt, know emergency procedure w/o grab loop

Deep water rescue: Confident assisted drain and re-enter both as victim and rescuer

Swim rescue: Swim boat 25 yards in full paddling gear to shore or another boat and drain

Rafting up: For stability.

Paddle float self-rescue: Demonstrate self-rescue using a paddle float.

Basic Misc. Supplies for Public Trips:

Extra water, food, dry bag towel etc.

Familiarity with Points of Egress:

Places where ill or disabled boaters might make landfall along the route

DEVELOPING SKILLS (suggested)

SCULLING DRAW: Comfort with good paddle articulation

BOW RECOVERY: Assisted recovery as victim and rescuer, using partner's bow or stern to right the capsized kayak (Eskimo Rescue)

EDGING ~ BOAT TILT: Paddle a circle while edging both on and offside

SCULLING FOR SUPPORT: Support from proper blade articulation and rotation

KAYAK TRIPPING

ONE DAY TRIP: Show evidence of at least one day trip in New York Harbor of at least 5 nautical miles

TECHNICAL KNOWLEDGE

TRIP PLANNING: Comfortable preparing for a short day trip in New York Harbor

General: Familiar with basic seamanship, chart reading, and Coast Guard regulations

[LOCAL KNOWLEDGE: Familiar with the nature and dangers presented by local conditions and geography.](#)