

Tampa Bay Sea Kayakers - Skill Level Self Assessment Guide

Skill \ Level		√ *	Level I	Level II	Level III	Level IV
Entry/Exit						
Without Assistance			●	●	●	●
From Low Dock				●	●	●
Surf Launches & Landings < 2 ft				●	●	●
Surf Launches & Landings > 2 ft					●	●
Paddling Skills						
Forward, Sweep & Low Support Stroke			●	●	●	●
Edging and Low Brace Turns				●	●	●
Sculling Draw Strokes				●	●	●
Brace Stroke & Sculling for Support					●	●
Bow Rudder & Bow/Draw Rudder Stroke						●
Distance Cruising Speed						
1-4 miles	1-2 mph		●	●	●	●
5-11 miles	2-3 mph			●	●	●
12-18 miles	3-4 mph				●	●
>18 miles	4-5 mph					●
Wave Current Wind						
Calm	<2 mph	1-3 mph		●	●	●
3 ft	3 mph	4-9 mph			●	●
4 ft	4 mph	10-15 mph			●	●
>4 ft	>5 mph	>15 mph				●
Rescue						
Wet Exit			●	●	●	●
Wet Entry				●	●	●
Partner Rescue				●	●	●
Towing				●	●	●
Advanced Partner Rescue					●	●
Rolling					●	●
Advanced Rolling						●
Rough Water Rescue						●

* I attest that the evaluation above is an honest and accurate representation of my skills and abilities and I am willing to demonstrate these skills and abilities to TBSK.

Name (Print):

Signature:

Date: