

## SKILLS REQUIRED OF A HAMPTON KAYAKER +

Preliminary: all the skills of a Hampton Paddler are required, and may be required to be demonstrated during assessment.

SKILL	COMMENT
Go afloat	Get into the boat safely and reliably from a 60cm bank, from shallow water and from a ladder
Go ashore	Get out, as above
Forward paddling	Effective style, plenty of rotation, able to maintain 5mph through the water for one mile, able to exceed that speed for short bursts
Paddle backwards	For 50 metres, following a defined route
Draw stroke	Sculling draw stroke 2 metres, left and right, when stationary
Sweep stroke	On the move, to follow a winding course over 100 metres without using rudder
Manoeuvring	In a confined space
Towing	Contact tow, give and receive
Rescues	Quickly rescue a swimmer, giving them all necessary advice Rescue, and be rescued, in deep water
Experience	Paddled 10 club trips on at least three different waters, including: <ul style="list-style-type: none"> <li>- one night trip, of at least 2 hours</li> <li>- one trip on the Thames when yellow boards are displayed, to Sunbury and back (or equivalent)</li> <li>- one trip on the Thames with winds gusting over 30 mph, to Sunbury and back (or equivalent)</li> <li>- one trip in a K2, of at least 2 hours</li> <li>- one trip using an asymmetric and one using a winged paddle, and one trip using a car shuttle</li> </ul>
Transport	Tie a boat safely onto V-bars or roofbars
Stamina	Paddle 'the loop' in under 150 minutes
Safety	Check river conditions and weather beforehand Know how to find tide times for Richmond, and what they mean Know how to check for planned lock and river closures Know how to manage hypothermia Know how and when to call the RNLI
Access	Know how to check access and licensing requirements
Kit	Carry spare hat, cereal bar, water

### Test conditions – to be completed by coach

	day 1	day 2
location		
weather		
water conditions		
boat(s) used		
other notes		