

SKILLS REQUIRED OF A HAMPTON PADDLER

| SKILL | COMMENT |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Preparation | Inspect the kayak, adjust it to fit, adjust BA, select suitable paddle |
| Carry boat + paddle | Organise a buddy to help |
| Go afloat | Get into the boat safely and reliably from the pontoon, and from a higher and a lower bank |
| Go ashore | Get out, as above |
| Forward paddling | Asymmetric blades, gripped loose enough to avoid injury, able to achieve 3 mph at least in short bursts |
| Stopping | From cruising speed, stop completely within 3 strokes |
| Paddle backwards | For 10 metres, keeping a good lookout |
| Use the rudder | Glide through a channel 5 metres long and 1 metre wide |
| Turn using sweeps | Clockwise and anti-clockwise when stationary |
| Moving sideways | Move the kayak half a metre sideways, left and right |
| Bracing | Use a gentle, sliding brace stroke |
| Rescues | <p>Capsize, swim 5 metres to shore, empty kayak</p> <p>Bow: carry a swimmer for 5 metres</p> <p>Be carried on a bow for 5 metres</p> <p>Bring a flooded kayak and paddle 5 metres to shore</p> |
| Stow a boat | Clean, dry and stow a boat |
| Stamina | Paddle 3 miles |
| Safety | <p>Assess the river conditions, wind and weather</p> <p>Be aware of rowers, other boats, weirs and anglers</p> <p>Be aware of hypothermia, Weil's disease and need for hand washing</p> |

Test conditions – to be completed by coach

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