

SKILLS REQUIRED OF A HAMPTON CANOEIST +

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

Paddlers can be assessed in C1; or they can be assessed in C2, in which case the paddler will demonstrate all skills in the bow and in the stern, where there's a difference.

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 a good cruising speed through the water for one mile, able to exceed that speed for short bursts
Paddle backwards	For 50 meters, following a defined route
Move sideways	Moving left and right for 2 metres, when stationary
Steering	On the move, to follow a winding course over 100 metres
Manoeuvring	In a confined space, giving all necessary advice where relevant
Managing the wind	Explain how to manage the wind, and what winds are manageable
Towing	Contact tow, give and receive
Rescues	Quickly rescue a swimmer, giving them all necessary advice Rescue a capsized canoe, and be rescued by a canoe, in deep water
Experience	Paddled 10 club trips on at least three different waters, including: one night trip one trip on the Thames when yellow boards are displayed one trip at Hampton with gusty winds one trip in a C2 one trip in a C1 and one trip using a car shuttle
Transport	Tie a canoe safely onto a car equipped with padded roofbars
Stamina	Paddle to Walton Bridge return 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		