

TRPC Youth Skills Check Off List

Additional comments can be written on back.

Youth Name:		Age:	
Boat Type:	Kayak	Canoe	
Days Paddling:	Saturday	Sunday	Both
Describe briefly your paddling experiences:			

Check the skills that you have.

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| Name the big 5 | Wet exit (no skirt). |
| Carry my equipment. | Wet exit and swim to shore (no skirt). |
| Carry my boat & equipment. | Wet exit with skirt. |
| Help pack / unpack the shuttle vehicle. | Wet exit with skirt after slapping boat three times |
| Help beginners with equipment. | Paddle forward. |
| Tie down my boat. | Paddle forward in a straight line. |
| Set up a throw line. | Paddle backward. |
| Throw a rope. | Lean and slap the water with a flat paddle |
| Pull someone in with a throw rope, | Brace on both sides. |
| Tow a beginner. | Surf forwards. |
| Bow rescue an instructor. | Ferry back and fourth. |
| Swim in the proper whitewater position. | Enter an eddy in both directions. |
| Explain what an eddy is. | Exit an eddy in both directions. |
| Explain what a strainer is. | Enter an eddy "high and tight" |
| Name one sign of an upcoming rapid. | Exit an eddy with a good angle to head downstream. |
| Name two signs of an upcoming rapid. | Exit an eddy high with a very slight angle for ferrying. |
| Explain river right / left. | Attain a rapid. |
| Plan a safe route through a rapid. | Hit a wave and a small hole sideways. |
| Choose a safe place to play. | Execute a slalom / obstacle course. |
| Name three warm-up exercises. | Create and execute a slalom / obstacle course that combines at least 6 paddling maneuvers. |
| Lead two warm-up exercises. | |
| Hold a paddle correctly. | |
| Find the correct hand position. | |
| Do five donuts in one minute | |
| Do a hip snap. | |