

LowCountry Paddlers Club – Self Assessment Guide

Skill		LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Entry/Exit					
Without Assistance		*	*	*	*
From Low Dock			*	*	*
Surf Launch & Landing <2 ft.				*	*
Surf Launch & Landing >2 ft.					*
Strokes & Maneuvers					
Forward Stroke, Sweep Stroke & Pivot		*	*	*	*
Edging & Low Brace Turns			*	*	*
Draw Stroke (Sculling or In-Water Recovery)				*	*
Bow & Stern Rudder, Bow Draw, Stern Draw					*
Endurance and Speed					
Distance	Speed				
0 – 4 miles	0 – 2 mph	*	*	*	*
5 – 11 miles	2 – 3mph		*	*	*
12 – 18 miles	3 – 4 mph			*	*
>18 miles	4+ mph				*
Wind and Waves					
Wind	Current	Wave Height			
Calm	0 – 2 knots	0 – 1 foot	*	*	*
< 9 mph	2 – 3 knots	1 – 2 feet		*	*
10 – 15 mph	3 – 4 knots	2 – 4 feet			*
15+ mph	>4 knots	>4 feet			*
Wet Exit		*	*	*	*
Wet Re-Entry			*	*	*
Assisted Rescue			*	*	*
Self-Assisted Rescue			*	*	*
Towing				*	*
Rolling					*