

**Use this rubric to identify your needs for areas to study . For each skill listed in bold, specific tasks are grouped underneath. Assign your proficiency with each task in the columns to the right.**

**Can't do this or haven't tried this = 1**

**Can do this sometimes successfully= 2**

**Have mastered this skill = 3**

**Edging:** Varies from a zero to a three: Zero is no edging at all. Three is so far that any further edging will result in a capsize without support from the paddle. Ideally this should put the coaming in the water, but depending on the boat and your body, this may not be possible.

Hold the boat at edge three indefinitely without using the blade for support.  
Hold an edge two while using a variety of strokes on both sides

**Sweep Strokes:**

Spin boat 360 degrees in place by alternating forward and reverse sweeps  
Paddle shaft low, blade out wide, near surface of water.  
Paddle blade starts and ends touching the bow and stern of boat; eyes follow tip of paddle  
Use torso with shoulders parallel to paddle.  
Hold edge three throughout the stroke  
Use torso with shoulders parallel to paddle. Arms OK, but only at either end of the stroke after torso is fully rotated.

**Forward Stroke:**

Plant paddle just in front of your feet (paddler reaches forward), lower arm straight  
Fully bury blade ( but not the shaft) before applying power (no splashing at entry)  
Power from the torso rotation, not the arms/shoulders (center line of pfd crosses center line of boat)  
Upper arm slightly bent and fixed relative to chest throughout the power phase of the stroke.  
Upper hand moves straight across and parallel to water throughout power phase of stroke.  
Slice blade out at the hip (no splash of water on exit) bringing lower arm up to upper hand.  
A still boat moving forward ... i.e. No rocking, pitching or side-to-side yaw

**Reverse Stroke:**

Paddle in a straight line in reverse, indefinitely  
Able to use edges (smooth positive control) to aid turning for a reverse figure 8  
Power from torso, rotate to plant behind hips  
Adjust paddle path to maintain control ... vertical for power, slicing in towards knees for directional stability

**Low Brace Turn:**

Use a short but powerful bow sweep to initiate the turn..  
Blade use: Blade skims the surface, 90 degree angle to the boat.  
Body position: Paddle held low, torso rotated towards the turn.  
arm position: wrist and elbow higher than paddle shaft  
Edge: Use an edge three leaning into the turn.

**Sideways – sculling draw:**

Torso fully rotated; face your work; blade moves with rotation of torso plus lower arm.  
Paddle shaft vertical and blade moving in a straight line parallel to the boat  
Upper hand is stationary and relaxed, held in front of your face, at or beyond the gunwales  
Vary the motion to move the boat sideways, diagonally forward, or diagonally backwards

**Sideways - Draw to the hip:**

Torso fully rotated ... face your work  
Clean slice outward (paddle blade does not leave the water; lower hand path moves 90° from boat)  
Upper hand is stationary and relaxed, held in front of your face, at or beyond the gunwales  
Boat moves exactly sideways; bow and stern move at same rate

**Stern Rudder:**

Torso fully rotated, face your work  
Upper hand over the water on active side, blade in water close to the boat  
Use edges plus blade pitch to turn boat  
Able to turn the boat either way from either side

**Bow Rudder:**

Use an outside edge to support the turn  
Use a bow sweep to initiate the turn..  
Able to look over upper forearm, blade in water close to the boat  
Torso fully rotated, face your work  
Use blade pitch to adjust aggressiveness of the turn

**Low brace:**

Boat snaps upright when hips are rotated and head is dropped toward the water  
Elbows held above paddle shaft but lower than the shoulder.  
Able to recover after dipping coaming in the water  
Boat upright, then head, then paddle leaves the water

**High Brace:**

Boat snaps upright as hips are rotated and head is dropped toward the water  
Elbows tucked into body  
Able to recover after dipping waist into the water  
Boat upright, then head, then paddle leaves the water

**Rolling:**

Have a roll on one side  
Have a roll on both sides  
Have used your roll in wind, waves, or currents with at least a 90% success rate.

**Rescuer:**

Maintain control of boats, paddles, and swimmer  
Have the swimmer back in their boat within one minute  
Able to rescue a paddler who cannot help themselves (scoop rescue).

**Swimmer:**

Exit the boat, maintaining contact with boat and paddle throughout the rescue  
Right the boat  
Follow directions

**Self-Rescue:**

Exit the boat, maintaining contact with boat and paddle throughout the rescue  
Re-enter the boat without assistance