

Tampa Bay Sea Kayakers

Revised Nov 10, 2020

Skills Self Assessment Chart

The Skill Self Assessment Chart (below) shows the skills which participants should expect to perform and conditions they should expect to handle when going on a TBSK paddle. If a paddler is in doubt that they have the proper skills necessary, they should contact the trip leader. As always, the trip leader has the final decision on whether a paddler has the proper skills and boat to go on a paddle.

Skills Self Assessment Chart			Paddle Skill Levels			
			Recreational	Level I	Level II	Level III
Essential Requirements						
Be Able To Swim			•	•	•	•
Physically fit to paddle			•	•	•	•
Entry/ Exit Boat						
Without Assistance From Shore			•	•	•	•
From Low Dock					•	•
Surf Launches & Landings < 2 ft					•	•
Surf Launches & Landings > 2 ft						•
Paddling Skills						
Forward Stroke			•	•	•	•
Sweep Strokes For Turning				•	•	•
Reverse Stroke				•	•	•
Brace Strokes In Rough Water					•	•
Distance Up To		Cruising Speed				
3 Miles		1- 2 mph		•	•	•
5 Miles		2 - 3 mph			•	•
10 Miles		3 - 4 mph				•
18 Miles		> 4 mph				•
Wave		Current		Wind		
Calm		< 1 mph		< 4 mph		•
< 1 foot		< 1 mph		< 6 mph		•
< 2 feet		< 2 mph		< 12 mph		•
< 3 feet		< 4 mph		< 15 mph		•
Rescues						
Wet Exit			•	•	•	•
Assisted Rescue				•	•	•
Towing					•	•
Wet Re-entry in Rough Water Assisted by Partner					•	•