**LEVEL: 1**

**KAYAKING REQUIREMENTS**

* Satisfy the examiner that you have knowledge of different types of kayaks (Slalom, river, touring, sea); the uses for each and the equipment necessary for safe kayaking (helmet, life jacket, sprayskirt, bow and stern loops, flotation in kayak).
* Demonstrate an ability to enter and exit a kayak.
* Demonstrate ability to complete the following strokes
  + Straight forward and backward paddle
  + Left and right turn by forward and back paddling
  + Draw (sweep) stroke
  + Support stroke
  + Cross current paddling
* Explain the steps involved in Eskimo rolling and demonstrate the proper method of doing this.
* Explain how to repair a hole in fiberglass
* After completing a minimum of 2 training sessions complete either
  + An overnight kayak trip
  + Two day trips (one including some white water)