

# Sea Kayak Leader Self Assessment

<b>Paddler:</b>				<b>Date:</b>			
<b>Skills</b>			<b>Assessment</b>			<b>Notes</b>	
			weak				strong
<b>Weather</b>							
Use of forecasts							
<a href="#">Beaufort scale</a>							
<b>Tidal</b>							
<a href="#">Use of tide and current atlases</a>							
<a href="#">Use rules of thumb to estimate tidal current and height</a>							
<b>Paddling Skills</b>							
Efficient forward stroke							
Able to stay with the group and slow paddlers							
Control in wind and waves							
Control in moving water							
Surf launching and landing							
<b>Navigation</b>							
Trip planning							
<a href="#">Pilotage</a>							
<a href="#">Compass</a>							
<a href="#">Compensating for wind and current</a>							
<b>Group Care</b>							
<a href="#">Mountaineers Website Use</a>							
Pre-trip communication							
Welcoming and briefing							
Carry equipment for the group							
Trip logistics							
C.L.A.P.							
Debriefing trips and events							
Overnight trips							
<b>Risk Management</b>							
Established a personal remit							
Situational awareness							
Use of redundancy							
<b>Rescues</b>							
<a href="#">Buddy / group rescue</a>							
<a href="#">Self rescue</a>							
Personal roll							
<a href="#">Towing</a>							
Incident management							
Group resources management							
Boat repair							

# Leader Self Assessment

This document provides a list of skills for mountaineer sea kayak trip leaders to self assess on and provides a reference for the Leader Self Assessment worksheet.

For more a detailed description of how skills are performed you can refer to ACA assessor guide for [L3](#), [L4](#), and [L5](#)

**How to self assess.** Assess the strength of your skills relative to your own paddling goals, not a global standard. You need only be capable enough to do and lead the trips you find rewarding. It is good, particularly as leader, to have excess capability. If you plan to lead SK IV / L3 trips (winds 10-15) it is good for you to have the ability to paddle in SK V / L4 conditions (wind 15-20kt).

- Weather
  - Use of forecasts  
Able to use forecasts to anticipate actual conditions
  - Beaufort scale  
Able to estimate wind from environmental clues
- Tidal
  - Use of tide and current atlases, web sites, and apps  
Able to use tidal information to anticipate tide height and current strength and direction
  - Rule of thumb (50/90, twelfths)  
Able to use rules of thumb to estimate current and height
- Paddling Skills
  - Efficient forward stroke  
Able to paddle efficiently. Able to find a comfortable and sustainable pace. Know what flat water speed you are able to comfortably maintain.
  - Control in wind and waves  
Able to paddle under control in any direction.  
Knows own limit for wind and waves
  - Control in moving water  
Able to paddle in strong currents, remain upright crossing eddylines and chaotic (boils and whirlpools) currents
  - Surf launching and landing  
Able to launch and land through surf under controls  
Knows own limit for surf size
- Navigation
  - Trip planning

- Able to plan route and estimate time correctly. Know what pace your group can maintain while steadily paddling, over 90 minutes with typical short on-water breaks, over hours with typical on-shore breaks.
  - Pilotage (chart)
    - Able to correlate the visual scene to the chart and identify your location and identify visible features.
  - Compass
    - Able to use a compass to identify features, find your location, and hold a course
  - Compensating for wind and current
    - Able to determine and hold a heading necessary to paddle a desired course in wind and current.
- Group Care
  - Website use
    - Able to use the website to manage trips
  - Pre trip communication / expectations
    - Able to set proper expectations and present participants with necessary information
  - Welcoming and briefing
    - Able to welcome participants, provide informative briefing, and start creating the culture you desire
  - Equipment for group
    - Are bringing enough equipment for group care.
  - Logistics
    - Able to manage trip logistics. General ability to anticipate what will be needed at each phase of the trip.
  - C.L.A.P.
    - On the water ability to maintain Communication, Line of sight, Awareness, and maintain Position of greatest usefulness.
    - Manage group cohesion during crossings
    - Manage groups of different sizes up to your max group size.
  - Debriefing trips and events
    - Hold a discussion with the group after significant events and at the end of a trip to discuss “What went well?”, “What could we have done better?”.
  - Overnight trips
    - Able to plan and execute overnight trips.
- Risk Management
  - Established a personal remit
    - Remit: “the task or area of activity officially assigned to an individual or organization”
    - The paddler has established a [personal remit](#) - max conditions they will go out in or lead trips in
  - Situational Awareness
    - Maintain awareness of the situation.
    - Reassess risk when conditions change.

- Use of buffer  
Plan a sufficient buffer of time, equipment etc. Able to absorb most problems.
- Rescues
  - Buddy / group rescue
  - Self rescue - Ability to get yourself back into your boat in rough conditions.
  - Personal roll
  - Towing  
Able to manage short and long tow ropes in deployment and recovery  
Recognize when towing is appropriate. Able to convince those in need of a tow to accept it. Able to organize effective towing groups
  - Incident management  
Able to take leadership role in incidents  
Able to maintain situational awareness during incident
  - Group resource management  
Able to make use of all group members, their abilities and equipment.
  - Boat Repair