

Skills Matrix

| | A | B | C | D |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| You Have | <ul style="list-style-type: none"> · completed 6 hours (or more) of beginner instruction or FWMW class · a basic understanding of the equipment and clothing required for whitewater kayaking · access to safe, modern kayak equipment including a full sized kayak (play-boats are unacceptable) · experienced at least one day on a | <ul style="list-style-type: none"> · your own OR access to safe, modern kayak equipment including a full sized kayak (play-boats are undesirable) · experienced a minimum of 3 class II river trips · a basic understanding of the skills used in boat control and recovery · the desire to become more comfortable in class II and II+ | <ul style="list-style-type: none"> · your own safe, modern kayak equipment including a full sized kayak (play-boats are less desirable) · a good understanding of the skills used in boat control and recovery · the desire to move into class III water (this season) | <ul style="list-style-type: none"> · your own safe, modern kayak equipment · a solid understanding of the skills used in boat control and recovery · the desire to move into class IV water (this season) |
| You Have Mastered | <ul style="list-style-type: none"> · wet exit | <ul style="list-style-type: none"> · t-rescue (aka bow rescue) | <ul style="list-style-type: none"> · roll in flat water · forward, sweep & stern draw strokes · balance & posture · tilting · bracing | <ul style="list-style-type: none"> · roll in current · C-turns and S-turns · eddy turns · peel outs · ferrys · maneuvering in a current |
| You Can Usually Successfully Perform | <ul style="list-style-type: none"> · t-rescue (aka bow rescue) · forward, sweep & stern draw strokes · balance & posture · tilting · bracing | <ul style="list-style-type: none"> · roll in flat water · forward, sweep & stern draw strokes · balance & posture · tilting · bracing | <ul style="list-style-type: none"> · roll in current · C-turns and S-turns · eddy turns · peel outs · ferrys · maneuvering in a current | <ul style="list-style-type: none"> · attainments · surfing |
| You are ready to work on | <ul style="list-style-type: none"> · fine tune the skills listed above · building competence and confidence · river reading · C-turns and S-turns · eddy turns · peel outs · ferrys · maneuvering in a current | <ul style="list-style-type: none"> · fine tune the skills listed above · building competence and confidence · river reading · roll in current · C-turns and S-turns · eddy turns · peel outs · ferrys · maneuvering in a current | <ul style="list-style-type: none"> · fine tune the skills listed above · building competence and confidence · river reading · moving into class III water · attainments · surfing | <ul style="list-style-type: none"> · fine tune the skills listed above · building competence and confidence · river reading · moving into class IV water · advanced strokes · harder moves · play-boating · leadership and / or rescue skills |
| Course Recommendations | <ul style="list-style-type: none"> · Intro River Kayaking | <ul style="list-style-type: none"> · Go With The Flow · Beginner/intermediate Fundamentals | <ul style="list-style-type: none"> · Intermediate Fundamentals · Next Level - Building Confidence for Class III | <ul style="list-style-type: none"> · Advanced Instruction - Confidence for Class IV · Intro to Play boating |