

Training Camp 2018 Skill Categories

	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 river with moving water attempted to roll in a pool or flat water 	<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+ water 	<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're 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 recommendation	<ul style="list-style-type: none"> Intro River Kayaking 	<ul style="list-style-type: none"> Go With The Flow Beginnermediate Fundamentals Boating Betties Level B/C 	<ul style="list-style-type: none"> Intermediate Fundamentals Next Level - Building Confidence for Class III Reading White Water Boating Betties Level C/D Volunteer one or both days* 	<ul style="list-style-type: none"> Advanced Instruction - Confidence for Class IV Intro to Play boating Boating Betties, Beginnermediate Level C/D Volunteer one or both days*