

### 3 STAR PERSONAL SKILLS ASSESSMENT

Name

NRIC No:

Course attended

TICK IF REQUIREMENTS ARE MET

✓

COMMENTS

Pre-requisites

Log book to be submitted

Completed the 3 Star training course

Produce evidence of minimum 5 journeys of at least 8 km

Tick in the column according to the competency level. Any score below 3 means a deferred pass

STANDARDS	1	2	3	4	5	COMMENTS
	Poor	Require improvement	Competent	Good	Excellent	
<b>PRACTICAL</b>						
Forward & reverse paddling						
Low brace turns						
Stern rudder						
Bow rudder						
Sculling draw						
Draw on the move						
Hanging draw						
Sculling for support						
Low recovery						
High Recovery						
Eskimo bow rescue (rescuer & victim)						
Eskimo rescue - paddle presentation (rescuer & victim)						
Deep water rescue. (without assistance - as rescuer & victim)						

STANDARDS	1	2	3	4	5	COMMENTS
	Poor	Require improvement	Competent	Good	Excellent	
Swimmer to kayak rescue						
Kayak to swimmer rescue (bow and stern carry)						
Towing & use of tow line						
Eskimo roll. Demonstrate 3 consecutive rolls on flat water						
<b>THEORY</b>						
Knowledge of boat design characteristics						
Knowledge of paddle design characteristics						
Knowledge of choice of equipment for different						
Knowledge of basic first aid						
Understanding of hypothermia & hyperthermia						
Understanding of dehydration						
<b>ASSESSMENT OUTCOME</b>						<b>REMARKS:</b>
<b>FULFILLS REQUIREMENT AWARD</b> <input type="checkbox"/>						
<b>DEFERRED AWARD (SEE TARGETS)</b> <input type="checkbox"/>						
<b>ASSESSOR:</b> _____						
<b>VENUE:</b> _____						
<b>DATE:</b> _____						