

UBCSC - L1 Kayaking Mentorship Checklist

Student Name:	Student Email:		
Mentor #1 Name:	# of mentorship hours:		
Mentor #2 Name:	# of mentorship hours:		
<p><i>Note on work hours:</i> Number of hours mentored and the number of work hours received are not 1:1. A mentee can allocate a maximum of 2 total work hours to their mentors, regardless of how long mentorship takes. How they divide these 2 hours among their mentors is up to the mentee. If there is only one mentor, this mentor may receive all the work hours.</p>			
<p>For any instruction that relates to the Beginner Kayak Mentorship Program, the following restrictions apply:</p> <ul style="list-style-type: none"> - The constant wind speed should not exceed 5 knots during instruction - The paddling area for instruction is bounded by the Jericho pier and by the docks of the Royal Vancouver Yacht Club - The program must begin with an on-land introduction, covering the corresponding set of skills outlined below <p>Prior to participating in the mentorship program, the mentor must:</p> <ul style="list-style-type: none"> - Be a member in good standing that is certified with the plastic kayak fleet of the club, and that has at least 30 hours of kayaking experience (not including lessons) <p>It is the mentee's responsibility to demonstrate the following skills to two intermediate or advanced kayakers, known as certifiers.</p> <ul style="list-style-type: none"> - A member can be a certifier if they have 40 or more hours of kayaking experience - At a minimum, one of the two certifiers must be a long standing club member of at least 2 years <p>Certifiers, sign your initials next to each learning objective if the mentee has demonstrated each skill with the corresponding proper execution.</p> <p>If two certifiers sign this document and it is delivered to and signed by the Kayak Fleet Captain, the mentee has officially gained the Beginner (L1) Kayak certification at the UBC Sailing Club.</p> <ul style="list-style-type: none"> - You may send this checklist to the FC at kayak@ubcsailing.org to be signed. 			
Learning Objectives	Feedback (if any)	Certifier #1	Certifier #2
<u>Club Responsibility</u>			

<p>Club Policies and Local Rules</p> <ul style="list-style-type: none"> - Adhere to and become familiar with the Jericho Sailing Centre and UBC Sailing Club policies (https://ubcsailing.org/Rules) - Become familiar with the paddling areas (e.g. you cannot paddle underneath the Lion's Gate bridge) and with relevant navigational hazards (e.g. staying clear of the Jericho pier and maintaining a safe distance from large ships) 			
<u>Safety</u>			
<p>Pre launch</p> <ul style="list-style-type: none"> - Always check the weather, wind, tides, and sunset times before kayaking - Fill out the logbook before taking out any equipment and upon returning 			
<p>Right of Way</p> <ul style="list-style-type: none"> - Become familiar with some of the relevant right-of-way guidelines on the water (e.g. wind-powered vessels have the right-of-way over kayaks). Be aware of swimmers and if in doubt, yield to other vessels. 			
<p>Gear</p> <ul style="list-style-type: none"> - Take all appropriate gear and safety equipment for kayaking, including the following required items: a lifejacket or PFD, a paddle, a kayak skirt, a whistle, a tow rope, a paddle float, a bilge pump, and a spare paddle 			
<u>On-Water Skills</u>			

<p>Launching and Landing</p> <ul style="list-style-type: none"> - Bring the kayak to the beach (avoid dragging the hull in the sand), and place the kayak in the water, perpendicular to the shore - Lower yourself onto the seat and paddle away from the shore, until the water is deep enough to release the rudder 			
<p>Paddling</p> <ul style="list-style-type: none"> - Perform forward and reverse paddle strokes - Perform forward and reverse sweep strokes - Demonstrate draw strokes - Demonstrate low braces 			
<p>Rescues and Wet Exit</p> <ul style="list-style-type: none"> - Perform at least one wet exit - Perform at least three self-rescues - Perform at least two assisted rescues <p><i>(At the moment, this depends on Health Regulations. If not possible, verbally explain the assisted rescue procedure to the mentor and to the certifiers)</i></p>			
<u>Craft Knowledge and Care</u>			
<ul style="list-style-type: none"> - Adjust the foot pedals and seat, if necessary - Demonstrate rudder usage - Place the kayak on the kayak stands and rinse all gear after use - Keep paddle joints free of sand - Properly store the kayak on the rack and secure it with the straps - Return all equipment to its appropriate place after use 			
Attained Beginner Level of Proficiency?		Attained Skill Level / Needs Development	
<u>Certifier name</u>	<u>Date of</u>	<u>Signature</u>	

#1:		
#2:		
Attained Beginner Level of Proficiency?	Attained Skill Level / Needs Development	
<i>Fleet Captain Name</i>	<i>Date</i>	<i>Signature</i>