

UBCSC - L2 Kayaking Mentorship Checklist

Student Name:	Student Email:
Mentor #1 Name:	# of mentorship hours:
Mentor #2 Name:	# of mentorship hours:

Note on work hours: 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.

The **mentee** must:

- Be certified as a Beginner Kayaker with the UBC Sailing Club (either through club lessons, a proficiency exam or the mentorship program) prior to seeking the intermediate certification
- Have one season of kayaking experience after the beginner certification **or** at least 20 hours of paddling time

It is the mentee's responsibility to demonstrate the following skills to **two** intermediate or advanced kayakers, known as **certifiers**.

- A member can be a certifier if they have 100 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

Certifiers, sign your initials next to each learning objective if the mentee has demonstrated each skill with the corresponding proper execution.

If two certifiers sign this document and it is delivered to and signed by the Kayak Fleet Captain, the mentee has officially gained the intermediate (L2) Kayak certification at the UBC Sailing Club.

Learning Objectives	Feedback	Certifier #1	Certifier #2
<u>On-Water Skills</u>			
Paddling <ul style="list-style-type: none"> - Demonstrate efficient forward and reverse strokes - Demonstrate draw strokes - Demonstrate forward and reverse sweep strokes - Demonstrate boat edging 			

<ul style="list-style-type: none"> - Demonstrate quick turning techniques (e.g. sweep stroke + edging) - Perform low and high braces - Perform bow rudder and stern rudder strokes - Additional paddling skills (optional): <ul style="list-style-type: none"> - Sculling draw stroke - Sculling brace - Any others that the mentor may want to teach 			
<u>Rescues</u>			
Self Rescue Technique <ul style="list-style-type: none"> - Demonstrate a paddle float and stern climb self-rescue - Demonstrate some level of knowledge of kayak rolling 			
Assisted Self Rescue <ul style="list-style-type: none"> - Perform at least one T-rescue (or Heel Hook rescue) - Perform at least one of the following types of assisted rescues: <ul style="list-style-type: none"> - Hand of God - Scoop Rescue - Stirrup Rescue - Any other that the mentor may want to teach 			
<u>Safety</u>			
Pre launch <ul style="list-style-type: none"> - Demonstrate a contact tow - Perform an in-line tow 			
Attained Intermediate 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	

<u>Fleet Captain Name</u>	<u>Date</u>	<u>Signature</u>