

STUDENT SELF ASSESSMENT GUIDELINES:

Before continuing with the booking process, please take a moment to familiarize yourself with the categories below. Accurate self assessments are important to you, to us, and to the other participants. Lumpy Waters is an inclusive event, but by signing up you are assuming responsibility of making appropriate choices for yourself. Some experience IS required to participate.

As a participant, skill based groupings help ensure that you are learning at the most appropriate level. When a class is too challenging or not challenging enough, effective learning is greatly reduced. Self assessment helps us manage risk and allows participants to learn and perform at a reasonably equal level.

Identify which skill category best describes your current level. Keep in mind that most students greatly over-estimate their personal abilities. Please seek assistance from an instructor, coach, or trusted peer if possible. You should fulfill MOST requirements of the category that best describes you.

NOVICE SEA BOATER: The novice sea boater has had formal instruction from a certified instructor or coach. They can perform self rescues and peer rescues in flat deep water without going to shore. They can paddle forward with efficiency, maneuver their kayak on edge, and can move sideways using effective draw strokes. Novice boaters at Lumpy Waters should prevent capsizing effectively in flat water using basic bracing strokes. They are able to maneuver their kayaks in tight spaces and can paddle 6-8 miles in protected coastal or inland environments over the course of a full day of paddling. **IF YOU CURRENTLY HOLD A BCU 2 STAR AWARD YOU ARE LIKELY IN THIS CATEGORY.**

If you do not meet these minimum level skill requirements, inquire about courses to take prior to Lumpy Waters to properly prepare for the experience and to meet those requirements

INTERMEDIATE SEA BOATER: The intermediate sea boater can perform all of the desired skills of a novice efficiently and effectively on BOTH sides. They can paddle backwards and forwards maintaining a course in moderate wind (Force 3). The intermediate sea boater should be able to roll their kayak reliably in flat water. They are proficient with deep water solo rescues and towing techniques. The intermediate has good group awareness, assesses personal risk accurately, and can travel well in a group of led paddlers. They can perform skills in winds up to about 10 knots, moving water up to 3 knots, and swells up to 5 ft. The intermediate sea boater can paddle 8-15 miles in a typical day and can hold a cruising speed of at least 3 knots. These paddlers should also know how to operate safely in the surf zone with other paddlers and users. **IF YOU CURRENTLY HOLD A BCU 3 STAR AWARD YOU ARE LIKELY IN THIS CATEGORY**

ADVANCED INTERMEDIATE SEA BOATER: The advanced intermediate sea boater has a variety of experience in the cockpit and can perform all the fundamental skills and deep water rescues in wind up to 20 knots, moving water up to 4 knots, and swells up to 7 feet! The advanced intermediate has a reliable roll on either side in moving water, wind, and the surf zone. Paddlers at this level should be in good physical condition and can paddle 15-20 miles in a day while holding speeds over 3 knots. At this level, students should already possess some good seamanship skills such as environmental / weather and sea state awareness, tidal and trip planning, basic navigation, applies weather forecasts, and is knowledgeable about emergency equipment and procedure. Advanced intermediates can help perform rescues in conditions including rough water landings, towing, and efficient assisted re-entries in conditions. **IF YOU CURRENTLY HOLD OR ARE WORKING TOWARDS A BCU 4 STAR AWARD YOU ARE LIKELY IN THIS CATEGORY.**