

Basic Surf Ski Proficiency Test

The aim of this test is to satisfy the testing official and Canoeing South African (through the relevant union) that the candidate has attained the level of proficiency required to participate in Ocean events. Unless and until this test has been completed, the candidate will not be allowed to enter such events.

Candidate:	
DOB:	
CSA No.:	Club:

1		Theory Test (Interview)	Comments	OK? Yes/No	
1		What are the criteria for selecting a ski for yourself?			
2		Describe how you would assess and judge the area and various weather conditions at your selected paddling venue.			
3		What basic safety procedures are to be followed when going paddling or when participating in a race?			
4		What basic safety equipment should you take with you to a ski race or when going paddling?			
5		What should you check before setting out in your ski?			
6		You have fallen off your ski. Describe how you get back on.			
7		What is the difference between a life-jacket and a buoyancy aid?			
		<i>Tested by:</i>	<i>Date:</i>		
2		Practical Test	What should be shown	Comments	OK? Yes/No
		<i>Candidates must be in full kit</i>	<i>Boat, paddle and any relevant safety gear. No need for all the bells and whistles, but must have something.</i>	<i>Equipment must be checked by examiner</i>	
1	Get ski down to waterline. Get ready to paddle	<ul style="list-style-type: none"> ➤ Confidently handle a ski by <ol style="list-style-type: none"> 1. Picking it up and carrying on hip or shoulders 2. Dragging along the beach 3. Correct placing with regards to wind direction ➤ Demonstrate efficiency with the following safety equipment: - Juice container, buoyancy aid, leash, cell phone pouch and flare. Must display the following: <ol style="list-style-type: none"> 1. Attaching equipment correctly 2. Confidently demonstrating use of equipment 			
2	Paddling style	<ul style="list-style-type: none"> ➤ correct width of grip ➤ correct paddling position ➤ correct entry and exit of blade 			
3	Demonstrate paddling skills	<ul style="list-style-type: none"> ➤ Paddling from the shore to backline by timing a lull ➤ Paddle around a buoy from left to right ➤ Falling off deliberately and successfully getting back on from left and right side ➤ Paddle from backline to shore by catching and riding a wave (or attempting to) 			
	Demonstrate paddling and control skills	<ul style="list-style-type: none"> ➤ Paddling from the shore to backline by punching through some waves ➤ Paddle around a buoy from right to left ➤ Paddle from backline to shore in between waves (i.e. not catching a wave or get caught by waves) ➤ In shallows demonstrating bracing skills by broaching on a foamy <ol style="list-style-type: none"> 1. Putting both legs over the side 2. Brace towards the wave by "catching" the top of the wave with the paddle 			
		<i>Tested by:</i>	<i>Date:</i>		

ACCEPTED BY: NSSC OFFICIAL:	Date:

<i>Certificate awarded:</i>	<i>WP updated:</i>	<i>CSA updated:</i>
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