

# ORGT Kayak Touring Instructor Skills / Experience Checklist

## General Progression (per policies)

- Meets ORGT general eligibility requirements (waiver, health insurance, in database, familiar with policies)
- Is an ORGT- qualed Lake Paddler (pool rescue session or equivalent, familiar with policies)
- Serves as Instructor-in-Training (IIT) on ORGT official kayak touring trips
- Serves as ORGT check-out attendant (learns ORGT check-out policies and procedures, completes training session, is voted / appointed by the subcommittee)

## Instructor Skills (Guidelines) - Paddling

- Launching and landing – demonstrates good technique and ability to help other in a variety of terrains
- Forward paddling – paddles efficiently at various speeds. Can demonstrate and teach good technique to beginners (IE torso rotation, posture, paddle shaft position, blade entry / exit)
- Reverse paddling – can paddle backward in straight line with good rotation
- Sweep stroke – can demonstrate and teach a sweep stroke. Can spin in a 360° circle using forward and reverse sweeps.
- Turning underway – uses modified sweeps and rudder strokes to control boat. Can demonstrate a low brace turn.
- Sideways – can demonstrate appropriate technique for moving the boat sideways using draw strokes. Can maneuver boat skillfully when docking or rafting.
- Sculling – can do sculling draw and sculling for support
- Edging, boat tilt – understands purpose of edging for ease of turning or counteracting wind. Can demonstrate a J lean.
- Bracing – understands bracing. Can demonstrate J lean to brace while stationary.

## Instructor Skills (Guidelines) - Rescue

- Wet exit – can demonstrate, teach and spot the wet exit
- Assisted rescues – can demonstrate and teach / supervise the Eskimo rescue, pull alongside and T rescues
- Assisted rescues – is familiar with the scoop and “hand-of-God” rescues
- Self-rescue – can demonstrate and teach the paddle-float self rescue
- Self-rescue – is familiar with the reentry and roll and the use of stirrup
- Contact rescue – can tow or push a boat or swimmer a short distance without tow rig
- Towing – understand tow systems and their limitations. Can demonstrate set-up and tow.
- Is familiar with emergency signaling / communication devices, their limitations and appropriate use

## Instructor Skills (Guidelines) – Leadership

- Is familiar with various group paddling formations (lead / sweep, diamond), as well as paddling signals. Keeps the group together when paddling.
- Can give clear, concise safety talk when putting on the water.
- Is supportive and friendly in leadership / teaching position. Uses assertive leadership when necessary.
- Uses conservative judgment when planning trips and on the water

## Instructor Skills (Guidelines) - Logistics / Preparedness

- Is knowledgeable of ORGT boats (rudders, floatation, design, suitability for various paddler types, repairs, transport)
- Is prepared personally for conditions when paddling (equipment, clothing, water, food, safety gear)
- Is prepared to help others (rescue gear, extra clothing, repair gear, tow system, first aid kit)
- Is familiar with Trip Leader planning skills (instructing / preparing the group, assessing appropriate distances / conditions, ORGT equipment logistics, ORGT Trip Leading procedures, reservations, emergency preparedness, etc.)
- Understands and can articulate hazards of kayak touring (cold water immersion, lightning, wind / weather, power boats, etc.)
- Has basic navigation and skills

## Kayak Touring Requirements for Full Instructor (per KT Policies)

- Has instructed on at least one beginner trip and at least one overnight trip
- Has successfully conducted a pool safety / rescue session

## ORGT General Requirements for Full Instructor (per ORGT Policies)

- Certified in First Aid and CPR
- Meets sports specific skills (above)
- Is approved by the Kayak Touring subcommittee (majority vote with endorsement from a Trip Leader)
- Has read and understands ORGT Operations Manual and policy documents, including ORGT general and kayak touring policies
- Has completed a volunteer form at ORGT
- Has interviewed with ORGT professional staff
- Has documented above requirements on file at ORGT

## Notes:

1. This document is a compilation of ORGT policy **requirements**, and my **guidelines** for the skills needed to meet those requirements.
2. Per ORGT policies, Instructors-In-Training (IITs) are experienced paddlers whom the trip leader appoints. They need not meet the (Full) Instructor qualifications listed here. Nor do they have the benefits of (Full) Instructors (free gear in their sport, access to ORGT boats, reduced cost for training)
3. KT Instructors are expected to serve as check-out attendants, and instruct on at least two trips per year.
4. ORGT KT **coastal** qualification is independent of **instructor** qualification. In other words, you don't have to have coastal experience to be an instructor. There are additional skills needed to become coastal qualed.
5. For additional clarification, see the ORGT General and Kayak Touring policy documents, available on our website in the "Trip Leader" section under "Documents and Manuals".  
<http://www.crc.gatech.edu/orgt/trips.php>