



Safety Kayaker

Evaluation of Sarapiquí Paddle Sports

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Level of License Issued	3
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Course Level Evaluation

Topic	Needs Improvement	Good	Excellent
Swimming skills: With and without sprayskirt, execute a slalom course swimming, containing ferries and stops, alternating aggressive and defensive swimming positions.			X
International river signals are known and used: Range stop/go, left/right, OK, swimmer numbers, eddy out, cover/safety, first aid, lost paddle, come to me, rope required, last boat, point, positive, look, do not know (unsure), whistle blast for attention, three short whistle blasts for emergency.			X
Basic knots and anchors are known and used: Bowline, figure-eight, double loop, follow through, on a bight, directional, Italian clove hitch, clove hitch, double fisherman's, prusik, anchors on shore and raft.			X
Throw bag rescue techniques are known and can be practiced: Characteristics of rope and hazards. Technique to throw a rope, coiling technique for a second throw, communication with swimmer, multiple swimmers, vector pull, belay techniques.			X
Rigging systems: Types of anchors, rope crossing method, MA system (2:1, 3:1, zdrag, pig rig), tensioned diagonal (zip line).			X

Topic	Needs Improvement	Good	Excellent
Manage a wrap and a flip: Understand the dynamics and errors leading to a wrap/flip.			X
Application of the LAST principle and strategy analysis.			X
Know the procedures for managing a wrap/flip and establish priorities.			X
Kayak abilities and river rescue techniques: Self-rescue technique, Kayak roll is mandatory.			X
In a voluntary flip and swim with kayak, be able to bring back to shore paddle and kayak (no losing equipment).			X
Embark and disembark: Be able to embark/disembark quickly from the kayak.			X
Fast extraction of the throw bag, run on shore, and throw the line.			X
Switch from kayak to raft and raft to kayak (no losing equipment).			X
Swimmer recovery: Strategy for conscious and unconscious swimmers (from low risk to high risk).			X
Superman			X
Tag Line			X
Stern Carry			X
Bow Carry			X
Multiple Swimmers			X
Panicked Swimmer			X
Unconscious Swimmer			X
Equipment recovery: Paddles recovery.			X
Transportation of a raft to shore.			X
Reflipped a raft.			X
“Remote control” guiding: Be able to guide the raft (or the body board and airboat) from the kayak giving the appropriate commands to finish a rapid and bring it to shore.			X

Topic	Needs Improvement	Good	Excellent
Direct a guideless raft by giving commands from the kayak.			X
Direct a guideless raft by giving commands while pushing raft with the kayak.			X
Enter a guideless raft mid-rapid from the kayak and take control of the raft and crew (must include a ferry glide and eddy out). Must not lose kayak or gear.			X
Exit and enter kayak in a high energy area, for example, a rock in the middle of the river.			X
Ability to interact with external environment and set up safety procedures: Basic knowledge about safety in a raft flotilla.			X
Have a constant awareness of other rafts and efficient communication with rafts.			X
Head count and memorization.			X
Rules for navigation respecting the number of rafts (body boards, airboats), the type of rapids, the number of SK.			X
Knowledge of the distribution of equipment: where is the first aid kit? Spare equipment (repair kit, pump, paddles, fins, oars, lifejacket, etc.).			X
Scouting: In case of running unknown river/rapid or extraordinary conditions (flooded river, fog, etc.), be able to evaluate when scouting is necessary. Stop the raft in a safe place, go to check the river, evaluate the risks, and communicate the best line.			X
Ability to involve participants in the safety briefing: Instructions to participants for efficient management of safety: self-rescue (swim to shore, to raft/body board, airboat), float position, swim to the kayak, establishing cooperation between passengers for safety (pull into raft, T-grip rescue, etc.). Knowledge of the contents of the safety briefing for all the activities supervised by the SK.			X
Demonstrate rescue procedures and techniques.			X
Organize a rescue procedure.			X
Organize a rescue by assigning roles.			X
Knowledge of rescue techniques (from “low risk” to “high risk” rescue).			X

Topic	Needs Improvement	Good	Excellent
Respect the standard and priorities of a rescue.			X
Apply advanced rescue techniques: Use static and dynamic belay in a throw bag exercise.			X
Be able to set up a rescue for foot entrapment.			X
Be able to set up a rescue with a tethered raft.			X
Advanced knowledge of rope systems used for rescue in white-water river environments and wrapped rafts.			X
River crossing techniques are known and practiced.			X
Rope river crossing techniques are known and practiced.			X
Risk assessment of an incident site: Identification of the dangers, risks, and prioritization of actions in a rescue.			X
Decision making: Decide about accepting risk for the SK (can I do this, should I do this, etc.).			X
Be able to realize a risk assessment of a situation. Build a rescue situation according to the risk assessment.			X
Establish priority in the actions according to personal and group safety, airway priority, casualty stabilization, and incident containment, with upstream and downstream cover.			X

Technical Module Evaluation

Topic	Needs Improvement	Good	Excellent
Specific kayak techniques: Roll, roll in current, roll with a swimmer, eddy in/out, ferry glide (forward and backward), surf (wave and hole), back surf, use of the cow tail.			X
Scouting and running: To be able to recognize and choose the best way in an easy rapid or current avoiding obstacles.			X

Knowledge Module Evaluation

Topic	Needs Improvement	Good	Excellent
Knowledge of SK equipment: Clothing and personal equipment: Clothing respecting the weather and river conditions.			X
Helmet, Personal Floating Device, quick release harness, footwear, knife, throw bag, locking carabiners, prussik loops, whistle, flip line, cow tail with locking carabiner, spare paddle, communication device, first aid kit.			X
Kayak: creek type, with extra floatability bags, full foot brace, handles in front and back.			X
Knowledge of hydrology and common hazards on the river: River morphology: Hazards are identified and the danger is understood (strainers, undercuts, reversals, sieves, eddy lines or seams, flooded rivers).			X
Artificial features: low head dam.			X
River hydrology: Mechanics of the eddies, current vectors, analysis of sections of the river in a curve.			X
The international river grading system is described: Range nature of water at each grade, degree of danger and/or difficulty at each grade.			X
Meteorology: Basics of weather forecast: Find and manage the information about weather forecast to avoid risks like rising water levels, climate or temperature changes.			X
Maps lecture: Be able to use a GPS, a compass.			X
Basics of orienteering: Be able to read a map and find out the relevant information to organize a rafting trip.			X
Basic legal knowledge: Rights and obligations, responsibility (civil and penal) for a SK.			X
Ethic of the guide: See WRF Ethic Rules.			X
Local fiscal aspects: Different worker statuses and the respective taxes.			X
Economic responsibilities of the worker status.			X
Demonstrate basic knowledge about the federal technical rules.			X
Expose a SK briefing clearly.			X

Topic	Needs Improvement	Good	Excellent
Explain the different techniques used to resolve foot entrapment and the management of foot entrapment.			X
Explain the solving steps for a wrapped raft.			X
Explain the key points to consider in the management of a flipped boat and what the different options are.			X
How to build a zip line.			X
First aid maneuvers.			X
What is the role of the SK?			X
River rope crossing.			X
Personal equipment and SK equipment.			X





The above evaluation of Safety Kayaker (consisted of 40 hours) and level granted, is completed by an instructor from the Costa Rica Rafting Federation, reviewed and approved by the President of the Costa Rica Rafting Federation.

Instructor of the Word Raft Federation Costa Rica:

Name: Stanley Esquivel Mesen

Date: 3/10/2024

Signature: _____

If you have any questions, please contact the President of the Costa Rica Rafting Federation at:

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