

Stand Up Paddleboard Instructor Skills Checklist			
Name:			
Personal Paddling (a consistent performance is required)	1	2	3
The instructor demonstrates:			
Appropriate selection and set up of SUP (e.g. leash, fins, inflated appropriately, etc.)			
Safe lifting and carrying techniques (assistance is recommended)			
Safe and efficient launching and landing from a range of reasonable access/egress points with the board afloat (e.g. pier, steps, slip-way, beach)			
Control in a straight line using appropriate strokes			
That they can manage themselves within self-selected safety frameworks			
That they can present themselves as a positive role model to follow.			
Personal Paddling (expectation that skills will be performed standing)	1	2	3
The instructor demonstrates:			
An active posture using the larger muscles of the body			
Muscle tension and 'readiness' throughout the key muscles, with a basic level of tension and efficient and economical movements			
Balanced, supple and controlled movement of the body, paddle and board			
Efficient transfer of power from the body and water to create movement of the board			
Co-ordinated and efficient strokes using the feet, legs, torso, upper body			
Application of power to move up to the paddle, beyond it, or around it (not trying to pull the paddle through the water)			
balance and stability when power is applied to strokes;			
ability to move up and down the board efficiently and in balance			

Rescue Skills (a consistent and effective performance is required) The instructor can:	1	2	3
Recover a stand up paddleboarder and their equipment from deep water, who has fallen off their board			
Recover a swimmer to shore using a prone board-based rescue			
Recover a conscious, incapacitated stand up paddleboarder to the shore			
Stabilise an unconscious paddler in the water			
Get back on the board effectively			

1 = consistently does this well

2 = an intermittent or adequate performance

3 = rarely or with significant shortfalls