

# River Resume

## \*Assessing your Ability and Skill Level\*

It is very important to place yourself in the appropriate ability level. Selecting the wrong level can slow the progress for everyone, including yourself. Think of all your experiences, the types of rivers you run normally, how much time you spent in the current verse not in the current and how comfortable you were in those situations. Most importantly be honest with yourself your here to have fun.

Determining your ability can be difficult because the rules of ratings are vague at times. Carefully read each section. Based on this information enter your assessment below and complete the rest of the resume.

If you find that you are a borderline case choose a **lower level** if you:

- exercise less than twice a week.
- are a bit wary or tentative.
- are rusty or sit in eddies and watch.
- have had less than three days of formal instruction.
- have not paddled in the past year.

Choose a **higher level** if you:

- have paddled a wide variety of rivers.
- exercise regularly.
- are confident and aggressive, willing to jump in.
- have had more than three days of formal instruction

### Kayaking/Canoeing Ability

N/A-

universal for Not Applicable or no experience.

*Beginner -*

**Kayaker-** are in good physical condition and are flexible with torso rotation.  
Are not comfortable with wet exits or waiting under water for a T-Rescue /Eskimo Rescue.  
**Canoeists-** are not comfortable with boat leans without grabbing the gunwale

*Beginner Transitional-*

**Kayaker-** can paddle straight lines with out difficulty. Understand and demonstrate basic ferry techniques as well as eddy-turns. Very comfortable with wet exits and T-Rescues. Have had instruction in and working on flatwater rolling.  
**Canoeists-** can paddle straight lines with out difficulty. Understand and demonstrate basic ferry techniques as well as eddy turns.

*Intermediate-*

**Kayaker-**have paddled Class II whitewater more than ten times and Class III more than five times. Can perform controlled, well-balanced eddy turns in Class II whitewater. Have a reliable roll in moving water.  
**Canoeists-** have paddled Class II whitewater more than ten times and Class III more than five times. Can perform controlled, well-balanced eddy turns in Class II whitewater.

*Intermediate Transitional-*

**Kayaker-** can perform eddy turns, ferries with confidence on Class III water and had experience with Class IV. Capable of catching several (more than one) eddies in Class III. Having a reliable roll on Class III. Can assist with rescues.  
**Canoeists-** have effective high and low braces and can paddle with power and skill. Have had instruction on canoe rolling on flatwater. Capable of catching several (more than one) eddies in Class III.

*Advanced-*

**Kayaker-** Very confident of Class III whitewater and Class IV rapids. Roll on both sides (Combat in Class III-IV) and possibly working on hand rolls.  
**Canoeists-** Very confident of Class III and Class IV rapids. Capable of rolling in Class III.

*Advanced Transitional-*

**Kayaker-** Very confident of Class IV whitewater and experienced with Class V on several occasions. Confident with various rescue and safety techniques as well as combat rolling in Class IV.  
**Canoeists-** Same as a Kayaker.

Expert-

**Kayaker**-Very confident of Class IV-V. Capable of making hard ferries above critical drops.

**Canoeist**- Same as Kayaker.

## River Log

Based on the information above I would rate myself as a:

- A. Beginner
- B. Beginner Transitional
- C. Intermediate
- D. Intermediate Transitional
- E. Advanced
- F. Advanced Transitional
- G. Expert

In this section select the most difficult as well as recent rivers you have done this year. The date should coincide with the most recent descent. Follow the examples.

	<u>Section</u>	<u>River</u>	<u>Class</u>	<u>Level</u>	<u>Date</u>	<u>Descents</u>
A.	Black Canyon	Gunnison River	V/VI	1000cfs	6/6/99	1
B.	South Fork	American River	III/IV	1200cfs	6/7/98	8

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Experiences

The next section can help illustrate one's paddling composure. This is just another measuring device to help determine your paddling ability.

## Surfing and Playing

I prefer to:

- A. sit in eddies and watch others.
- B. surf small waves that won't ender me.
- C. surf fast waves and medium sized holes.
- D. surf big waves and large rodeo sized holes.
- E. drop in the meatiest holes and waves.

## Rolling

In the most difficult sections that I have run if I should flip over I usually rollback up:

- A. 0-20%
- B. 20-40%
- C. 40-70%
- D. 70-90%
- E. 100%

I generally roll on my:

- A. what's a roll?
- B. working on it.

- C. right side.
- D. left side.
- E. both work just as well.

### **River Running**

When I run a new and challenging river I generally get:

- A. nervous.
- B. nervous but in control.
- C. excited.
- D. nerves of steel.

When faced with a challenging rapid that is near the edge of my ability, I generally:

- A. walk around it.
- B. run it with difficulty and often swim.
- C. run it with some difficulty.
- D. run it with little problems.

How many years have you paddled?

How many days each year do you paddle?

What kind of kayak or canoe do you paddle and why?

What river do you paddle regularly and what class and water (volume) level is it?

When was the last time you swam out of your kayak? (detail the experience)