## Sea Kayaking Practical Evaluation

### Test Description:

### Rubric:

<table>
<thead>
<tr>
<th>Name</th>
<th>Forward</th>
<th>Reverse</th>
<th>F. Sweep</th>
<th>Rev. Sweep</th>
<th>Tracking (beam wind)</th>
<th>Draw</th>
<th>Sculling Draw</th>
<th>Enter/Exit Kayak</th>
<th>Score</th>
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### Notes:

1. **Grading:** 1- Inadequate, 2- Poor, 3- Average, 4- Good, 5- Perfect
2. **Score** - Total and multiply by 2.5 to get Practical Grade
3. **Course** - Paddle straight, turn to the left, paddle away, then turn right, parallel park in both directions.

### Grading:

1. No clue how to do the stroke, incorrect grip, boat doesn’t respond, fall in water multiple times.
2. Incorrect grip, blade not totally in water, poor shaft angle, no torso rotation
3. Correct grip, shaft angle minimal, boat responds sluggish to stroke, correct catch, power, and okay recovery, but not effective.
4. Correct grip, shaft angle good, blade placement is okay, boat responds adequately.
5. Perfect grip, perfect shaft angle, perfect blade placement, forceful catch, forceful power, forceful recovery, excellent torso rotation, perfect exit of blade, boat responds perfectly, in and out of kayak with ease.