



PADDLESPORTS EDUCATION STANDARDS CHECKLIST FOR REVIEW

The Boat

Standard P:1.1 – Boat Capacities

The course will describe how to determine acceptable loading capacity and how to properly balance the load.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:1.2 – Boat Registration Requirements

The course will describe state-specific registration requirements, including:

1. Registration requirements, if any;
2. Requirements for hull identification number;
3. Requirements for registration documentation and external display of numbers;
4. Reciprocity regulations.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Boating Equipment

Standard P:2.1 – Personal Flotation Device

The course will describe U.S. Coast Guard-approved personal flotation devices appropriate for paddlesports and emphasize the importance of wearing a PFD while paddling due to the elevated risk of capsizing in a small boat. The course will also describe carriage requirements and the importance of maintaining PFDs in serviceable condition.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:2.2 – Navigation Light Equipment

The course will cover the requirement to carry a flashlight and/or flare-up light for use at night and in periods of restricted visibility.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:2.3 – Sound Signaling Equipment

The course will cover the advisability of carrying a whistle and, for certain waters, a foghorn.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:2.4 – Visual distress signals

The course will describe the requirement for carrying visual distress signals such as a signal mirror and flares for signaling for help if applicable.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Trip Planning and Preparation

Standard P:3.1 – Checking Local Weather and Water Conditions

The course will describe how to make informed paddling decisions based on forecasted local weather and water conditions. It will also describe dangerous weather conditions such as strong winds, storms, lightning, hurricanes and fog and their importance in trip planning.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:3.2 – Checking Local Hazards

The course will describe how to obtain information about local hazards that may impede a paddling trip.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:3.3 – Filing a Float Plan

The course will describe the importance of notifying someone of your boating plans and the basic information that should be included.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:3.4 – Preventative Maintenance

The course will communicate the need for regular inspection and maintenance of the boat and paddling equipment, including:

1. Inspecting the boat for water tightness, including the hull, gaskets, and hatch covers.
2. Patching holes with a material suited to the composition of the hull.
3. Cleaning the boat with plain water or a non-phosphate detergent.
4. Storing the boat off the ground and out of the sun.
5. Checking and tightening screws and deck fittings.
6. Treating the hull with an appropriate UV inhibitor if recommended by the manufacturer.
7. Checking flotation air bags to be sure they hold air.
8. Checking lines and grab handles for fraying.
9. Checking paddles for damage.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:3.5 – Transporting

The course will describe proper procedures for transporting a canoe or kayak on top of a car to prevent accidents and property damage, including:

1. Making sure the car top rack is strong and securely attached to the vehicle.
2. Cushioning the gunnels to avoid abrasion.
3. Using proper tie-downs and knots.
4. Positioning a vehicle at the take-out point for one-way trips.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:3.6 - Pre-Departure Checklist and Passenger Communication

The course will describe the importance of using a pre-departure checklist and conducting a safety discussion with all in the paddling party. Hand signals should be reviewed. The skills of all paddlers in the group should be assessed as the route and pace are discussed. Gear should be secured in the boats to avoid loss in case of capsizes. The pre-departure checklist should help each paddler ensure that he/she:

1. Is wearing a lifejacket.
2. Has attached a whistle to the lifejacket.
3. Is wearing sunscreen and a visored hat or helmet.
4. Is properly dressed for the water temperature and conditions.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Marine Environment

Standard P:4.1 – Environmental Laws and Regulations

The course will describe environmental laws and regulations regarding littering and will emphasize responsible practices such as “leave no trace,” avoidance of wildlife, and use of plain water or non-phosphate detergents as cleaning agents.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Safe Boat Operation

Standard P:5.1 - Operator Responsibilities

The course will describe a paddler's ultimate responsibility for his or her personal safety, the safety of anyone else on board and all activity aboard the boat. This responsibility extends to other water users and includes but is not limited to: refraining from careless, reckless, or negligent operations on the water, abiding by other general boater courtesy, and observing and operating in accordance with homeland security measures.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:5. 2 – Influence of Drugs and Alcohol on Boat Operation

The course will describe the effects of drinking alcohol or using drugs while boating and the boating laws pertinent to operating a boat while under the influence.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:5.3 – Navigation Rules

The course will assist the paddler in encountering typical navigational rules situations, including:

1. Paddling as close to shore as is safe, avoiding channels used by larger craft.
2. Crossing the channel as a group.
3. Avoiding collision with power craft by keeping a sharp lookout, using light and sound signals to identify your presence, and maneuvering out of the way.
4. Turning the bow into the wake of powerboats to help prevent capsize.
5. Sharing water features such as eddies and rapids with other paddlers.

- 6. Observing and operating in accordance with homeland security measures by keeping a safe distance from military and commercial ships at sea and in port and observing all restrictions in security zones.
- 7. Rendering assistance to other paddlers in the event of a mishap, to the extent that you can do so without danger to yourself or your boat.
- 8. Disclaimer:

“The navigation rules contained in this course summarize basic navigation rules for which a paddler is responsible on inland waterways. Additional and more in-depth rules apply regarding various types of waterways, such as International Waters and Western Rivers, and operation in relation to powered vessels and other watercraft. It is the responsibility of a boat operator to know and follow all of the navigation rules. In those states that Inland Rules do not apply, the equivalent International, Western Rivers or Great Lakes rule(s) may be substituted by the Course Provider.”

“For a complete listing of the navigation rules, refer to the document “Navigation Rules of the Road” published by the U.S. Coast Guard (COMDTINST 16672.2 Series) and available through the U.S. Government printing office or on the web at <http://www.uscg.mil/vtm/navrules/navrules.pdf>. For State specific navigation requirements, refer to the state laws where you intend to boat.”

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:5.4 – Aids to Navigation

The course will describe the U.S. Aids to Navigation (USATONS) as they are relevant to paddlers, including:

- 1. Understanding channel markers.
- 2. Understanding regulatory markers, such as those marking dams, submerged objects and other hazards, and homeland security restrictions.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:5.5 – Boarding, Exiting and Securing the Boat

The course will describe how to safely board and exit a paddlecraft, emphasizing the need to maintain three points of contact. For kayaks, the course also should address proper fit so that entry into and exit from the boat is not impeded. The course will explain how to secure the craft at the shore to prevent it from drifting away.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Emergency Preparedness

Standard P:6.1 – Rendering assistance

The course will describe methods of and tools for assisting a paddler in difficulty.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:6.2 – Capsizing/Falls Overboard

The course will describe how to prevent and respond to these emergencies. The prevention recommendations will include at least the following: stay centered and low, avoid standing and sudden moves, maintain three points of contact, never overload, balance your load, and avoid rough water. The responding procedures will include at least the following: wearing life jackets, taking a head count, staying with the craft when appropriate, signaling for assistance, using improvised floating aids, and initiation of procedures to recover people in the water.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:6.3- Cold Water Immersion and Hypothermia Prevention

The course will describe the dangers of cold-water immersion and hypothermia, including prevention, the physiological impact of cold-water immersion (initial reaction, short-term immersion/swimming failure, long-term immersion/immersion hypothermia, and post-rescue collapse), and treatment for hypothermia.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:6.4 - Heat-related Illnesses

The course will describe various illnesses that may result from overexertion in hot conditions, including heat exhaustion, heat cramps, and heat stroke as well as dehydration and water intoxication (excess water intake). The course will describe symptoms and treatment of these heat-related illnesses.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:6.5- Accident Reports

The course will describe what kinds of boating accidents require an accident report as well as how, when and where to file the report.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:6.6 – Boating Accident Report Form

The course will include a sample accident report form, which can be included in the textbook or as a separate handout.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Other Water Activities**Standard P:7.1 – Hunting and Fishing**

The course will inform people who hunt and fish from hand-powered boats that they are paddlers and need to follow safe paddling practices. Information must be provided about accident risks relevant to this group of paddlers.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

State-Specific Boating Information**Standard P:8.1 – Continuing Education**

The course will outline the need for additional education on boating safety and paddling skills, including in-the-water instruction, and for staying informed of changes in boating safety requirements.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

Standard P:8.2 – State-Specific Boating Information

The course will contain, as part of the text or as a separate handout, state-specific information in regard to boating laws and regulations, and local boating conditions. The course will include as applicable:

P:8.2.1 – registration and titling requirements, including number of years registration decals are valid, expiration date of registration, decal placement;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.2 – laws for required wearing of PFDs for children and/or for certain types of boats;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.3 – additional equipment requirements such as bailing devices, distress signals, lights;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

(P:8.2.4 was intentionally omitted)

P:8.2.5 – litter laws;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.6 – requirements for mandatory education, licensing, rental operations, and proficiency test certifications;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.7- adult supervision requirements for children;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.8 – laws for unsafe, reckless or negligent behavior

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.9 – boat operations in restricted zones;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.10- paddling under the influence, implied consent, and BAC levels;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.11- law enforcement authority and obligation of paddlers to comply;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.12- boat accident reporting requirements;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.13- state approved boating accident report form;

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

P:8.2.14- other laws/regulations by the state boating regulator.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

State reviewer: Y or N

Course Format and Testing Requirements

Standard P:9.1 – Boat Operator Knowledge Course Formats

The course may be submitted for NASBLA review in any format that meets the standards as long as it can be easily reviewed. Courses may include classroom instruction, distance learning or self-study programs. However, paddling knowledge courses are best offered in conjunction with paddling skill courses on the water.

Standard P:9.2 – Boat Operator Knowledge Exams

In order to receive NASBLA sanctioning, all exams must be submitted for review, whether administered as part of a course of study or as an independent exam.

P:9.2.1 – The exam must be well designed and comprehensive in covering NASBLA’s standards for paddlesports.

P:9.2.2 – Each exam submitted for review must be accompanied with a plan that explains how the test administrator will seek to maintain exam integrity. The plan must address security issues commensurate with the purpose of the test and perceived opportunity to commit exam fraud.

P:9.2.3 – The exam must be well-designed and comprehensive. The NASBLA testing standards relevant to paddlesports exams are:

TESTING STANDARD P:1

Paddlesports examinations should comply with the test construction guidance for NASBLA-approved general boating safety examinations.

TESTING STANDARD P:2

Each test item must be documented in at least one reference from the following list:

Recognized Reference List for Paddlesports Exam Items

1. Navigation Rules (U.S. Coast Guard)
2. Federal Requirements and Safety Tips for Recreation Boats (U.S. Coast Guard)
3. 33 Code of Federal Regulations (CFR)
4. Boating Safety Circulars (U.S. Coast Guard)
5. ATSM Standard F1739-96 "Standard Guide for Performance of a Water Rescuer"
6. Boating Accident Statistics and Reports (U.S. Coast Guard)
7. Information contained on U.S. Coast Guard web site, in particular Office of Boating Safety
8. America's Boating Course
9. Canoeing and Kayaking (American Red Cross)
10. Canoeing and Kayaking (American Canoe Association, adapted from Ohio Department of Natural Resources)
11. Essentials of Kayak Touring (American Canoe Association)
12. Essentials of River Kayaking (American Canoe Association)
13. Introduction to Paddling: Canoeing Basics for Lakes and Rivers (American Canoe Association)
14. Paddle Safe, Paddle Smart brochure series (American Canoe Association) - includes: Paddler's Safety Checklist, Cold Water Survival, Practices Ethics and Conduct, River Paddler's Guide to Rescue, Rules of the Road & Wear It! Life Jackets Matter
15. American Canoe Association Instructor's Manual (American Canoe Association)
16. SmartStart for Paddlers Presentation Kit (American Canoe Association)

TESTING STANDARD P:3

The examination shall consist of 30 questions, 25 of which cover Standards P:1 through P:7 and five additional questions to cover the state-specific requirements (Standard P:8).

Standard P:1 – 5% or 1-2 questions

Standard P:2 – 15% or 3-4 questions

- Standard P:3 – 20% or 5-6 questions
- Standard P:4 – 5% or 1-2 questions
- Standard P:5 – 25% or 7-8 questions
- Standard P:6 – 25% or 7-8 questions
- Standard P:7 – 5% or 1-2 questions
- Standard P:8 – 5 additional questions

Recommended Boating Safety Information

The following items contain recommended course content but are not considered part of the minimum standards for boater education courses.

P:R1 – Boat Types and Uses

The course should describe the common types of recreational paddlecraft and their performance in various types of boating situations.

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N

P:R2 - Boating Terms

The course should describe commonly used boating terms relative to paddlers in addition to those terms required to follow the Navigation Rules. (see also standard P:5.3).

Where is the standard addressed in the course? _____

Reviewer comments:

Meets standard?

NASBLA reviewer: Y or N