

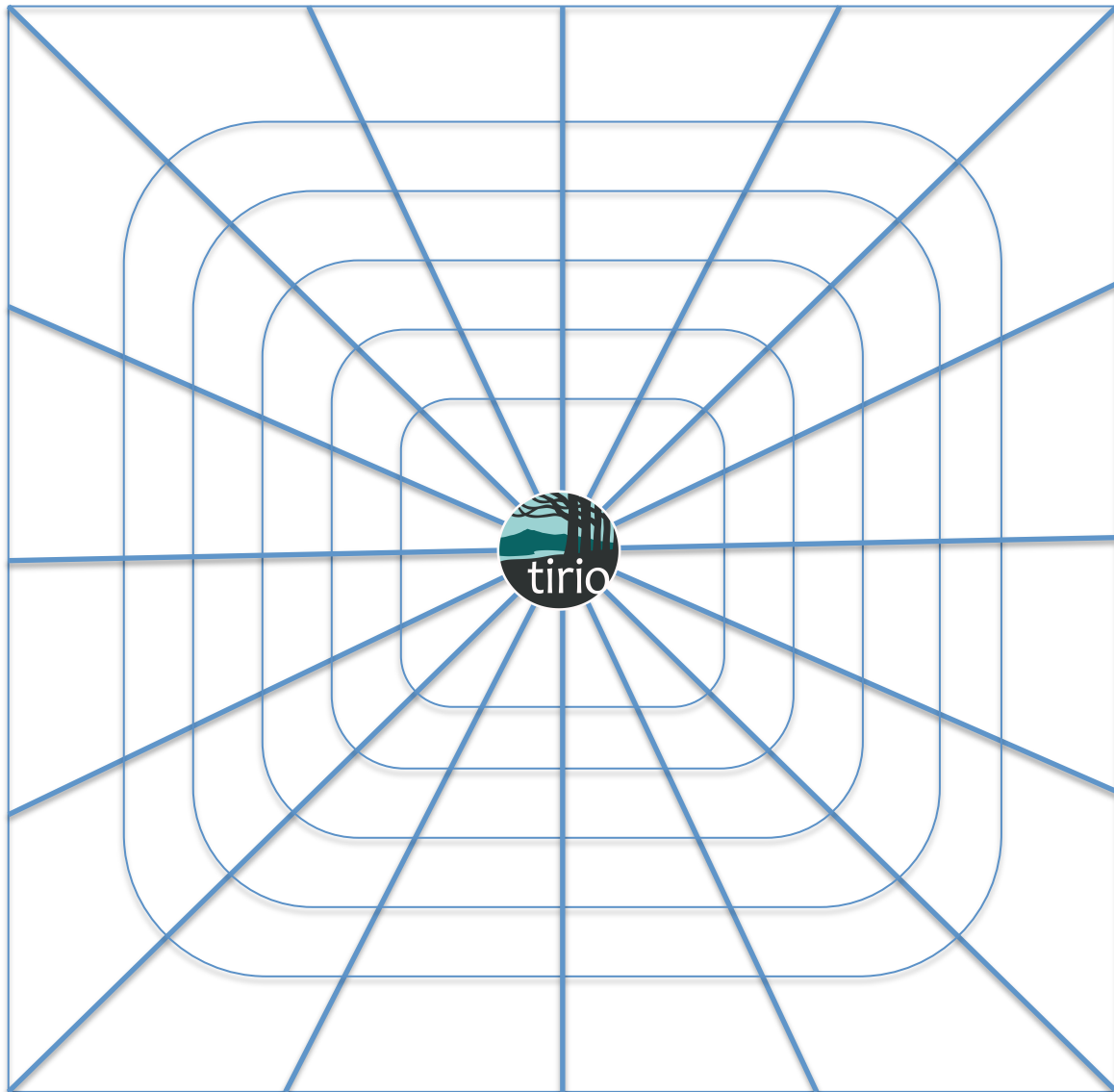


TIRIO PACKRAFTING SELF ASSESSMENT TOOL

Open Water

 Paddling Sailing OW Rescue Navigation

State Which: Experience
Confidence
and Experience
Confidence
Other Adventure Sports



Camp Skills Journey Planning Equipment Emergencies

Meta Skills

HOW TO COMPLETE THE PROFILING TOOL

This Self-Assessment is about practical skill, not theory. So don't confuse what you've read or seen (theory) with what you can actually do (Performance). Think about each segment and the descriptions on the next page. Think about what skills you know you are able to Perform and in what conditions you are able to perform that skill.

Or if you're using it to reflect on a trip, how well you performed.

Place two dots in each segment; one red, one blue. The dots should relate to:

Red spot: How you are able to **perform** now.

Blue spot: How do you want to be able to **perform** in the future.

Center is Zero – Outer edge is as good as you can be.

- Open Water:

Paddling. How are you coping with wind and waves, significant fetch and / or swell?

Sailing. Improvised sailing techniques. Downwind only or are you able to actively sail to a location by steering, cross or even upwind.

OW Rescue. Solo, assisted and group deep-water rescues. What conditions can you perform them in? Fully loaded or not?

Navigation. What's your on the water navigation like? How you are in wind, tidal flows, poor visibility. Can you apply: Heading, Course, Bearing, Aiming off, Transits, Dead Reckoning, Swinging Compass. Effects of topography?

River Running:

WW Paddling. What grade are you comfortable on? By this we mean that you can get to any eddy or feature you choose to along a rapid, whilst in full control. **Not** just managing to get down a rapid.

Hydrology. How well can you interpret the river? WORMMS Can you recognise Water flow, Obstacles and their meaning, a Route, Markers and required Manouevers? Can you identify indicators of complex future water?

Self Rescue. Can you employ safe swimming techniques to minimise your risk of injury when swimming in WW? Defensive, aggressive, strainer swimming technique. Can you perform a safe moving water re-entry? Fully loaded?

Rescue Other. How proficient are you at rescuing others? Using SRTRG and STVE principles. Safe throwline usage? Live bait? Bulldozers? Fully loaded? Pins and pulleys?

Meta-Skills: Those skills that support or underpin our packrafting...

Campskills. Food, nutrition, hygiene, environment. Fair or foul weather? What season?

Journey Planning. Access rights, journey speed metrics, back up plans, escape routes. Needs of other water users.

Equipment. Water-side repairs to essential equipment. Identify critical equipment failure points. Post and pre-journey checks and maintenance. Safe outfitting, clean principles.

Emergencies. First Aid – in the outdoors. Getting help. Self-aid.