**Personal Performance Profile (Courtesy Body Boat Blade and BCU)**

Rate your skill, from 4 to 10 for each of the following (4=clueless, 5=very basic understanding, 7=good grasp of basics, 9=thorough understanding in a variety of conditions)

Work on areas that are low. When all are even, work to maintain and grow

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Turning and Steering** | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Using boat edge effectively |  |  |  |  |  |  |  |
| Using efficient strokes |  |  |  |  |  |  |  |
| Using skeg and/or trim |  |  |  |  |  |  |  |
| **Forward Paddling** |  |  |  |  |  |  |  |
| Efficient |  |  |  |  |  |  |  |
| Powerful |  |  |  |  |  |  |  |
| **Tide Race/Moving Water Paddling** |  |  |  |  |  |  |  |
| Ferry Gliding |  |  |  |  |  |  |  |
| Breaking in and Out |  |  |  |  |  |  |  |
| Surfing |  |  |  |  |  |  |  |
| **Rescue** |  |  |  |  |  |  |  |
| Personal Rolls and Rescues |  |  |  |  |  |  |  |
| Group Rescues and Incidents |  |  |  |  |  |  |  |
| Towing |  |  |  |  |  |  |  |
| **Tidal/Trip Planning** |  |  |  |  |  |  |  |
| Use of Charts |  |  |  |  |  |  |  |
| Use of Tidal Streams Atlas (Captain John’s) |  |  |  |  |  |  |  |
| Tide Time Tables and Constants |  |  |  |  |  |  |  |
| Use of Pilots |  |  |  |  |  |  |  |
| Third and Twelfths Rules |  |  |  |  |  |  |  |
| Wind and Weather Forecasts |  |  |  |  |  |  |  |
| **Navigation in Conditions** |  |  |  |  |  |  |  |
| Taking and Following Bearing |  |  |  |  |  |  |  |
| Distance and Timing |  |  |  |  |  |  |  |
| Map & Chart Interpretation |  |  |  |  |  |  |  |
| Adjustment for Wind and Tide |  |  |  |  |  |  |  |
| **Group and Incident Management** |  |  |  |  |  |  |  |