

Protocol for Video Examination

Practice Exam SUP X-Over



Name, Surname:

Video submitted on: Examiner:

Video creation guideline:

- video is uncut
- max. length of video 2 min
- all maneuvers relevant to the exam are clearly visible
- video is free of failed attempts
- video starts with a closeup of the examinee, whereby he introduces himself by name

All criteria of the guideline were met:
 yes no

If there are deficiencies, the following needs to be improved:

Process of practice

The course must be paddled once. The direction, clockwise or counterclockwise, can be freely chosen. The exam is considered passed if, on both the outward and return legs, the section between the buoys (windward/leeward, placed 40m apart) is continuously paddled using a different paddle stroke technique for each direction, with the core elements clearly visible. During the two specified buoy maneuvers, the participant must remain on the board, must not fall into the water and must perform the maneuvers using different techniques. Each buoy must be rounded within a maximum of two paddle strokes. Before and after each buoy maneuver, the respective buoy must be touched with the paddle.

Content of the exam <i>(all elements must be passed)</i>	Passed yes no	Comments <i>(if not passed)</i>
Course paddled one-sided <i>(without switching sides with the paddle)</i> <u>Technique used:</u> C-stroke	Buoy touch: <input type="checkbox"/> <input type="checkbox"/> Technique: <input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>
Rounding the first buoy <i>(max. 2 paddle strokes)</i> <u>Technique used:</u> Crossbow-Turn or Kick-Turn	1 st Buoy touch: <input type="checkbox"/> <input type="checkbox"/> Technique: <input type="checkbox"/> <input type="checkbox"/> 2 nd Buoy touch: <input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>
Course paddled back in an alternative technique <i>(with paddle side switching)</i> <u>Technique used:</u> J-stroke	Technique: <input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>
Rounding the second buoy using an alternative technique <i>(max. 2 paddle strokes)</i> <u>Technique used:</u> Crossbow Turn or Kick Turn	1 st Buoy touch: <input type="checkbox"/> <input type="checkbox"/> Technique: <input type="checkbox"/> <input type="checkbox"/> 2 nd Buoy touch: <input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>
Exam procedure carried out without falling into the water	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>

RESULT: PASSED FAILED

Signature of examiner: _____