



Lake Canoe Advanced Solo Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Advanced Solo Skills Program Manual. For up to date skills and requirements, please consult the most recent manual.

Paddle Canada Waiver Collected						
Paddle Canada Course Number:	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5	Participant 6
Instructor Name(s):						
Risk Management	P=Pass W=Weak I=Incomplete					
Properly wear a life jacket/PFD						
Identify hazards						
Respond appropriately to whistle signals						
Rescue Canoe and Swimmer						
Paddling Skills						
Canadian						
Silent						
Compound Reverse						
Cross Cuts and Draws						
Cross Forward						
Canoe Stability						
Launching and Landing a Canoe						
Pivot						
Forward and Reverse Paddling						
Forward Paddling with Turns						
Stopping						
Circles						
Docking						
Sideslip						
Shift (running sideslip)						
Knowledge (engagement in the following)						
Concepts						
Equipment and Knots						
Environmental Impact						
Personal Preparedness						
Safety Considerations						
Safety and Rescue						
History / Paddle Canada / Resources						
Student Outcome: (Pass, Conditional, Fail)						
Instructor Notes:						