



## Lake Canoe Advanced Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Advanced Tandem 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	Participant 7	Participant 8	Participant 9	Participant 10	
Instructor Name(s):											
Risk Management	P=Pass W=Weak I=Incomplete										
Properly wear a life jacket/PFD											
Communication: devises, whistle and paddle signals											
Hazards											
Safety Considerations											
Safety and Rescue / Rescue Practice											
Hazards											
Paddling Skills											
Sculling Draw and Pry											
Bow and Stern Jam (and Cuts)											
Compound Reverse											
Canadian											
Silent											
Low Brace											
Righting Pry											
Canoe Stability											
Lifting and Carrying a Canoe											
Launching and Landing a Canoe											
Forward and Reverse Paddling											
Forward and Reverse Paddling with Turns											
Stopping											
Circles											
Sideslip											
Docking											
Shifting (Running Sideslip)											
Knowledge (engagement in the following)											
Paddling concepts											
Expanded canoe parts and paddles											
Knots											
Environmental Impact											
History / Paddle Canada / Resources											
<b>Student Outcome: (Pass, Conditional, Fail)</b>											
Instructor Notes:											