



Lake Canoe Basic Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Basic 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											
Communicate effectively with their partner											
Identify hazards in waterfront area											
Respond appropriately to whistle signals											
Paddling Skills (demonstrate the following)											
Draw (out of water recovery)											
Push Away or Pry (out of water recovery)											
Forward and Reverse											
Deep Brace (Drop Skieg)											
Low Brace (basic)											
Sculling Low Brace											
How to keep the canoe stable											
Safely lift and move a canoe											
Safely launch and land a canoe											
Pivot											
Forward and reverse paddling											
Forward paddling with turns											
Stopping											
Sideslip											
Knowledge (engagement in the following)											
Equipment Parts and Care											
Personal Preparation											
Safety and Rescue / Safe Rescue Procedures											
History / Paddle Canada / Resources											
Student Outcome: (Pass, Conditional, Fail)											
Instructor Notes:											