



## Lake Canoe Intermediate Solo Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Intermediate 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 Managemnt	P=Pass W=Weak I=Incomplete					
Properly wear a life jacket/PFD						
Hazards						
Communication: whistle signals						
Canoe Rescue						
Paddling Skills						
Draw (underwater)						
Sculling Draw						
Cut						
Pry						
Jam						
Reverse J-stroke						
Bow Draw						
Box						
Low Brace						
Righting Pry						
Canoe Stability						
Lifting and Carrying a Canoe						
Launching and Landing a Canoe						
Pivot						
Forward and Reverse Paddling						
Forward Paddling with Turns						
Stopping						
Circles						
Docking						
Sideslip						

<b>Knowledge</b> (engagement in the following)						
Concepts						
Equipment and Knots						
Environmental Impact						
Personal Preparedness						
History / Paddle Canada / Resources						
<b>Student Outcome: (Pass, Conditional, Fail)</b>						
<b>Instructor Notes:</b>						