



Lake Canoe Intermediate Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Intermediate 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 Managemnt P=Pass W=Weak I=Incomplete										
Properly wear a life jacket/PFD										
Communication: devises, whistle and paddle signals										
Hazards										
Safety Considerations										
Safety and Rescue										
Safe Rescue Procedure / Rescue Practice										
Paddling Skills										
Draw (in water recovery)										
Pry (in water recovery)										
Cuts (bow and crossbow)										
Crossbow Draw										
J										
Stern Forward and Reverse Sweep										
Reverse J and Bow draw										
Canoe Stability										
Lifting and Carrying a Canoe										
Launching and Landing a Canoe										
Pivot										
Forward and Reverse Paddling										
Forward Paddling with Turns										
Stopping										
Circles										
Canging Positions										
Sideslip										
Docking										
Knowledge (engagement in the following)										
Concepts										
Expanded Canoe Parts and Knots										
Personal Preparedness										
Environmental Impact										
History / Paddle Canada / Resources										
Student Outcome: (Pass, Conditional, Fail)										
Instructor Notes:										