



Lake Canoe Introduction Solo Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Introduction 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						
Safety Considerations / Safe Rescue Procedure						
Paddling Skills						
Forward and reverse strokes						
Draw (above water recovery)						
Push away (above water recover)						
J stroke						
Deep Brace (Drop Skeg)						
Stabilizing Brace						
Stern push away (initiating a turn)						
Sweep, Forward and Reverse						
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						
Circles						
Adjusting position						
Sideslip						
Knowledge (engagement in the following)						
Concepts						
Canoe Equipment and Care						
Personal Preparedness						
Environmental Impact						
Environmental Impact						
Transportation of Equipement						
History / Paddle Canada / Resources						
Student Outcome: (Pass, Conditional, Fail)						
Instructor Notes:						