



## Lake Canoe Introduction Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Introduction 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):										
<b>Risk Management</b>	<b>P=Pass W=Weak I=Incomplete</b>									
Properly wear a life jacket/PFD										
Identify hazards around the lake environment										
Communication: partner and whistle signals										
Demonstrate or identify what to do in case of a capsize										
Safe Rescue Procedures / Rescue Practice										
<b>Paddling Skills</b>										
Draw (out of water recovery)										
Push Away or Pry (out of water recovery)										
Forward and Reverse										
Stern Pry or "J"										
Stern Draw										
Deep Brace (Drop Skeg)										
Low Brace (basic)										
Sculling Low Brace										
Canoe Stability										
Lifting and Carrying a Canoe										
Launching and Landing a Canoe										
Pivot										
Forward and Reverse Paddling										
Forward Paddling with Turns										
Stopping										
Circles										
Changing positions (bow/stern)										
Sideslip										
<b>Knowledge (engagement in the following)</b>										
Concepts										
Equipment Parts and Care										
Hazards										
Personal Preparedness										
Environmental Impact										
Safety Considerations										
History / Paddle Canada / Resources										
<b>Student Outcome: (Pass, Conditional, Fail)</b>										
<b>Instructor Notes:</b>										