



Moving Water Canoe Advanced Solo Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Advanced 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 Management	P=Pass W=Weak I=Incomplete					
Properly wear a life jacket/PFD						
Identify hazards						
Respond appropriately to paddle/whistle signals						
Demonstrate a canoe and swimmer rescue						
Paddling Skills						
Stroke Blending						
Sculling Draw						
Sculling Pry						
Charc						
Launching in a Circulating Eddy						
Landing in a Circulating Eddy						
Back Ferry						
Surfing in Class II Waves: Front						
Surfing in Class II Waves: Back and Side						
Catching Surf Wave from Above						
Linking Manoeuvres						
Running Tight Bends						
Introduction to Boofing						
Wave Turn						
Open Canoe Roll in Moving Water						
Knowledge						
Paddling Concepts, Leading the Boat, Crossing the Grain, Stability, River Reading						
Advanced Canoe Designs and Outfitting						
Managing Risk Trip Planning						
Additional Training in First Aid and Swift Water Rescue						
Environmental Impact						
History / Paddle Canada / Resources						
Student Outcome: (Pass, Conditional, Fail)						
Instructor Notes:						