



Moving Water Canoe Basic Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Basic 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	
Instructor Name(s):									
Risk Management	P=Pass W=Weak I=Incomplete								
Properly wear a life jacket/PFD									
Communication: partner, whistle/paddle signals									
Hazards									
Staying Together as a Group									
Demonstrate or identify what to do in case of a capsiz									
Paddling Skills (demonstrate the following)									
Draw									
Push Away									
Stern Draw									
Stern Pry									
Forward Stroke									
Reverse Stroke									
Lifting and Carrying a Canoe									
Launching in Current									
Landing in Current									
Front Ferry									
Downstream Run									
Navigating River Bends									
Knowledge (engagement in the following)									
Transport Canada Regulations									
Canoe/Paddle Parts and Outfitting									
River Anatomy									
Reading the Current									
Canoe Stability									
Taking the Essentials									
Rescue Procedures									
Expanding Skills									
History / Paddle Canada / Resources									
Student Outcome: (Pass, Conditional, Fail)									
Instructor Notes:									