



## Moving Water Canoe Intermediate Solo Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Intermediate 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):						
<b>Risk Managemnt</b>	<b>P=Pass W=Weak I=Incomplete</b>					
Properly wear a life jacket/PFD						
Identify hazards						
Respond appropriately to paddle/whistle signals						
Demonstrate a canoe and swimmer rescue						
<b>Paddling Skills</b>						
High Brace						
Stern Rudder						
Reverse J and Bow Draw						
Eddy Exit and Entry using Wave Troughs						
S-Turns with Wave Interference Patterns						
Back Ferry: starting and finishing in current						
Front Surf						
Jet Ferries						
Shift						
Introduction to the Open Canoe Roll						
<b>Knowledge</b>						
Paddling Concepts, Wave and Surfing Troughs, Wave Interference Patterns, River Anatomy, Balance and Stability						
Paddling and Safety Equipment						
Canoe Dynamics						
Personal Preparedness						
Environmental Impact						
History / Paddle Canada / Resources						
<b>Student Outcome:</b> (Pass, Conditional, Fail)						
<b>Instructor Notes:</b>						