



Moving Water Canoe Intermediate Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Intermediate 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								
Communicate effectively with their partner								
Identify hazards								
Respond appropriately to paddle/whistle signals								
Demonstrate a canoe and swimmer rescue								
Paddling Skills								
Jam Strokes (bow and stern)								
High Brace								
Stern Rudder								
Reverse J								
Bow Draw								
Eddy Exit Using Wave Troughs								
S-Turns with Wave Interference Patterns								
Back Ferry (starting and finishing in current)								
Front Surf								
Shifts								
Knowledge								
Paddling Concepts, Wave Troughs and Patterns, River Anatomy, Balance and Stability, and Canoe Dynamics.								
Canoe Control								
Outfitting and Safety Equipment								
Personal Preparedness								
Environmental Impact								
History / Paddle Canada / Resources								
Student Outcome: (Pass, Conditional, Fail)								
Instructor Notes:								