



Moving Water Canoe Introduction Solo Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Introduction 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 or identify what to do in case of a capsize						
Paddling Skills						
Forward and Reverse						
Offside Forward						
Draw						
Stern Draw						
Pry						
Stern Pry						
Cuts						
Canoe Carry						
Launching and Landing in an Eddy Pool						
Pivots and Sideslips within an Eddy Pool						
Carving Start						
Bracing (forward and low)						
Front Ferry						
Eddy Exit and Eddy Entry						
S-Turns						
Navigating River Bends						
Knowledge						
Paddling Concepts, Controlling the Shape of the Arc with CAPT, River Anatomy, Reading the Current, and Balance and Stability						
Balance and Stability						
Canoe Design and Outfitting						
Personal Preparedness and Helmets						
Environmental Impact						
History / Paddle Canada / Resources						
Student Outcome: (Pass, Conditional, Fail)						
Instructor Notes:						