



Moving Water Canoe Introduction Tandem Skills Checklist

This checklist is based on the Paddle Canada Lake Canoe Introduction 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								
Swimming (prepared for)									
Canoe Recovery after a Capsize									
Shore Rescue - Throw Bag									
Respond appropriately to paddle/whistle signals									
Demonstrate or identify what to do in case of a capsize									
Paddling Skills (demonstrate the following)									
Draw									
Bow Draw									
Stern Draw									
Pry									
Bow Pry									
Stern Pry									
Forward and Reverse									
Bracing with Forward Strokes									
Low Brace									
Bow Cut									
Crossbow Cut									
Lifting and Carrying a Canoe									
Launching and Landing in an Eddy Pool									
Front Ferry									
Eddy Exit									
Eddy Entry									
S-Turns									
Descending Back Ferry									
Navigating River Bends									

Knowledge (engagement in the following)									
General understanding of paddling concepts									
Canoe and paddle parts									
Paddling and safety equipment									
Personal Preparedness									
Environmental Impact									
Safety Considerations									
History / Paddle Canada / Resources									
Student Outcome: (Pass, Conditional, Fail)									
Instructor Notes:									