



# Participant Assessment Tool: Rolling

Paddle Canada Waiver Collected

Paddle Canada Course Code:

Instructor Name(s):

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Student 1:	Student 2:	Student 3:	Student 4:	Student 5:	Student 6:

<b>Paddling Skills</b>						
	P=Pass	W=Weak	F=Fail			
warm up exercises						
wet exit						
safe body mechanics						
rolling progressions						
learning aids						
<b>Knowledge</b>						
kayak fit						
kayak equipment						
heritage						
<b>Instructor Notes:</b>						
Please Note: This checklist is based on the Paddle Canada Sea Kayaking Manual (published in 2025). For up to date skills and requirements please consult the most recent manual.						

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