



# Participant Assessment Tool: **Waterfront Kayak Skills**

Paddle Canada Waiver Collected

<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:

Paddle Canada Course Number: \_\_\_\_\_

Instructor Name(s): \_\_\_\_\_

<b>Re-Entry Skills</b>	P=Pass W=Weak F=Fail					
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wet exit						
retrieving an empty kayak						
paddle in place						
assisted re-entry as a swimmer						

<b>Paddling Skills</b>						
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lifting and carrying a kayak						
launching and landing						
forward stroke						
reverse stroke						
stopping						
forward sweep						
reverse sweep						
draw stroke						

<b>Knowledge</b>						
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kayak outfitting						
kayak gear and clothing						
journeying and seamanship						

<b>Student Outcome:</b> (Pass, Conditional, Incomplete) <small>(if a conditional pass was awarded conditions have to be clearly documented below and shared with the student)</small>						
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**Instructor Notes:**

Please Note: This checklist is based on the Paddle Canada Sea Kayaking Manual V27 (published in 2025). For up to date skills and requirements please consult the most recent manual

# Paddle Canada Waterfront Skills Overview

Paddling Skills	
<p><b>Lifting and Carrying a Kayak</b> While in pairs, participants will demonstrate the safe and proper way to lift and carry a kayak.</p>	<p><b>Launching and Landing</b> The participant will demonstrate safe entering and exiting a kayak from both a beach and alongside the shoreline or low dock.</p>
<p><b>Forward &amp; Reverse Strokes</b> The participant will:</p> <ul style="list-style-type: none"> <li>• paddle forward 75 meters in a relatively straight line, and</li> <li>• paddle in reverse for 20 metres in a relatively straight line.</li> </ul>	<p><b>Stopping</b> The participant will stop the kayak without changing the kayak's heading while paddling at a moderate speed.</p>
<p><b>Forward and Reverse Sweep Strokes</b> The participant will use forward and reverse sweeps to turn the kayak in each direction.</p>	<p><b>Draw Stroke</b> The participant will use a draw stroke to move the kayak sideways 2 metres.</p>

Re-entry Skills	
<p><b>Wet Exit</b> The participant will release the spray skirt and exit the kayak in a controlled and confident manner.</p>	<p><b>Assisted Re-entries</b> The participant will attempt an assisted re-entry</p>
<p><b>Retrieving an Empty Kayak</b> The participants will swim out 10-15 meters to a floating kayak and swim it back to shore</p>	

Knowledge	
<p><b>Kayak Outfitting, Gear and Clothing</b> Participants should be familiar with:</p> <ul style="list-style-type: none"> <li>• parts of the kayak and basic outfitting for personal fit, control, and safety,</li> <li>• proper care of the paddle, lifejacket, and kayak,</li> <li>• clothing appropriate for paddling in different water temperatures and weather conditions,</li> <li>• the proper use of basic paddling and safety equipment required for kayaking, and</li> <li>• different warm-up procedures that can prevent common injuries.</li> </ul>	<p><b>Journeying and Seamanship</b> Developing good judgment is fundamental and should be encouraged at all levels. The participant will understand the necessary judgement and decision-making process prior to going out kayaking.</p>

*Please Note: This is only an overview of the skills taught in this course. It is based on the Paddle Canada Sea Kayaking Manual V27 (published in 2025). Please see the full manual for up to date skills and requirements as well as for more details including course setup, pre-requisites, as well as important teaching notes on each skill.*