

## CANOE SKILLS TEST

Student Name: \_\_\_\_\_ School: \_\_\_\_\_

| As a prerequisite for canoeing, the student must demonstrate basic competence to a canoe instructor in: | Date | Teacher/Supervisor Initials |
|---|------|-----------------------------|
| • lifts, carries and portaging  |      |                             |
| • launching a canoe   |      |                             |
| • proper entry/exit from canoe  |      |                             |
| • self-rescues into dry and/or swamped canoes   |      |                             |
| • canoe over canoe rescue procedures  |      |                             |
| • positioning of paddlers   |      |                             |
| • water safety instruction and water hand signals   |      |                             |

| Maneuvers to be completed:                   | Date | Teacher/Supervisor Initials |
|--|------|-----------------------------|
| • paddling forward in a straight line        |      |                             |
| • sideslip                                   |      |                             |
| • pivot 360 degrees in both directions       |      |                             |
| • circles in both direction radius 10 meters |      |                             |
| • stop                                       |      |                             |
| • landings (shore and dock)                  |      |                             |

| Strokes:                                     | Date | Teacher/Supervisor Initials |
|--|------|-----------------------------|
| • forward and reverse stroke                 |      |                             |
| • j-stroke, stern draw and stern pry strokes |      |                             |
| • sweep stroke                               |      |                             |
| • draw and pry strokes                       |      |                             |

| For Canoe Tripping Excursions, students must be familiar with:                       | Date | Teacher/Supervisor Initials |
|--|------|-----------------------------|
| <ul style="list-style-type: none"> <li>• basic first aid and hypothermia</li> </ul>  |      |                             |
| <ul style="list-style-type: none"> <li>• suitable clothing</li> </ul>                |      |                             |
| <ul style="list-style-type: none"> <li>• canoeing equipment and repairs</li> </ul>   |      |                             |
| <ul style="list-style-type: none"> <li>• camping skills and safety</li> </ul>        |      |                             |
| <ul style="list-style-type: none"> <li>• environmental concerns</li> </ul>           |      |                             |
| <ul style="list-style-type: none"> <li>• use of a compass and map reading</li> </ul> |      |                             |

**Note: The teacher-supervisor, Principal or Superintendent may increase canoeing requirements depending on the nature of the trip planned.**

Teacher/Supervisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_