



Adopted	April 2005
Last Revised	May 2015
Review Date	May 2020

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
• basic first aid and hypothermia		
• suitable clothing		
• canoeing equipment and repairs		
• camping skills and safety		
• environmental concerns		
• use of a compass and map reading		

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

Teacher/Supervisor Signature: _____ Date: _____