

Canoeing—Level 1

Under the supervision of a suitably qualified person:

1. Swim 50 metres.
2. Demonstrate how to fit and wear an approved personal flotation device (PFD).
3. Explain the basic safety rules for canoeing and the buddy system.
4. Name the parts of a canoe.
5. Demonstrate how to safely get into and out of a canoe.
6. Under supervision, demonstrate the basic paddling strokes and show that you can safely control the canoe.



My Canoe Log

Name: _____

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