

# Canoeing Skill Sheet.

Participant Name:

Skills Criteria:

Comments and Feedback for participants working to achieve their “Bronze” level:

## **Bronze:**

- Executed a j-stroke
- Executed a c-stroke
- Has paddled in the bow and the stern of a canoe with a peer or instructor
- Can perform a T-rescue from inside of canoe with the support of a peer or instructor
- Flipped in a canoe and demonstrated an ability to react appropriately
- Names all the basic parts of a canoe (bow, stern, seat, thwart, yoke, hull, gunwhale)
- Names all the parts of a paddle (butt, grip, neck, blade, face, tip)
- Wears a lifejacket consistently
- Demonstrates a mindfulness of safety while on the water

Comments and Feedback for participants working to achieve their “Silver” level:

## **Silver:**

- Have demonstrated all bronze skills and theory
- Sterns a canoe proficiently
- Names more advanced parts of a canoe (rocker, tumblehome, keel, bow deck, stern deck)
- Can name required safety equipment for canoeing (15m of buoyant line, flashlight, whistle, bailer)
- Performed a two-person flip to portage a canoe
- Solo portaged a canoe for at least 100m
- Demonstrates whistle and paddle signals to effectively communicate:
  - Getting groups attention
  - Stop
  - Go
  - Raft-up
  - Emergency
- Draws and prys in the bow of the boat

Comments and Feedback for participants working to achieve their “Gold” level:

**Gold:**

Must be evaluated by an ORCKA instructor. Completion of “Gold” will be accompanied by ORCKA Level 1 canoeing certification.

- Demonstrates effective turns in a canoe
- Demonstrates a pivot
- Demonstrates launching a canoe
- Demonstrates removing a canoe from the water
- Demonstrates sideways displacement skills
- Demonstrates stopping and landing
- Has portaged from the High-Water Docks to the Quai and back
- Demonstrates an ability to tilt effectively
- Demonstrates exceptional commitment to communication and water safety

**Platinum:**

\*Must be completed in an extended canoe tripping capacity, I.e. Explorer Canoe trip program\*

- Demonstrates an ability to appropriately scout rapids, by:
  - Identifying any major hazards and naming them properly
  - Identifying and planning safe lines to paddle
  - Identifying whether a rapid is appropriate to run relative to the skill level of the group
- Packs and unloads boat effectively and without causing undue damage to equipment
- Paddles in both the bow and the stern of the boat in whitewater with good form and technique
- Demonstrates eddying out
- Demonstrates peeling out
- Demonstrates surfing
- Demonstrates an S-turn
- Can run a rapid under power
- Demonstrates ferrying (front, back, jet)

Additional Comments: