

A.1 Lift, carry and.

launch the kayak or canoe –paddle within reach

Achieve upright posture

Forward paddling 100m – Grip on paddle

Active Posture, using larger muscles

Place paddle with extended front arm

Steering and controlling the boat –Stopping

forwards and backwards within 4 strokes

Rotate 180 in each direction,

forward and reverse sweeps – body rotation evident

Reverse 5m to fixed point –

turn trunk and look over shoulder

Turn left and right on move –

sweeps, forward and rudders – controlled turns

Return to the bank and get out.

approach safely

Controlled and safe getting out of boat

Rescue Skills – Capsize and be rescued **or** swim with all equipment to shore

Empty boat – small amount water –safe lifting

Part C– Safety, Leadership & Group Skills – Questions –personal risk management, awareness of safety of others, evidence of 1hr (3 Km) journey

Theory – Questions –Equipment, safety, hypothermia, access, environment, general

