	Cand 1	Cand 2	Cand 3	Cand 4	Cand 5	Cand 6	Cand 7	Cand 8
Lift, carry and launch the kayak & canoe. paddle within reach/ safe lifting/alter footrest etc								
Forward paddling 250m –canoe can switch sides to generate momentum. Active Posture, power from trunk rotation, smooth power transfer, drive paddle into water with extended front arm, paddle grip								
Steering – canoe –stern sweeps, rudders and J strokes demo or aware of trim. **Both** boat at good running speed through gap of 2 boat width, forward with gentle turns								
Maneouvre in and out of confined space - control and accuracy –looking where going								
Moving Sideways -5m both directions –blade submerged –canoe include draws, prys/cross deck draws								
Prevent capsize efficient low recovery, both sides with paddler off balance –tandem canoe combine low recovery with draw stroke								
Turn on the move – a selection of wide/tight turns 90°, 180°, 270°, 360°.								
Secure-use straps or ropes/knots								
Capsize and self rescue- controlled capsize, either climb in or swim ashore with kit and empty								
Peer Rescue help peer back into boat –x rescue, curl or tow/shunt to shore								
Leadership-plan & execute journey 30-60mins – start/finish, environment, kit, transport, weather, anticipated hazards, timings, emergency procedures								
Personal Risk Assessment								
Awareness of others								
Canoeist code of conduct								
Group Safety								
Appropriate decisions								
Theory – Questions –Equipment, safety, hypothermia/first aid, access, environment, planning								