

# Paddlesport Passport - Fundamentals 1

## Personal Paddling skills

● Dry entry and exit

● Seal launch

● Active posture

● Balance and wobble

● Wet exit without spray deck

● Empty water from boat into pool

● Hand paddle 25m and return

## Personal Paddling Skills

## Safety and rescue skills

● Dry exit into deep water

● Deep water re-entry

● Forward sweep pivots-2:360° spins

25m

● Reverse sweep pivots-2:360° spins

● Paddle backward

● Simon says

10m

Personal paddling skills and games

● Properly holds paddle-control hand lock, non-control hand loose

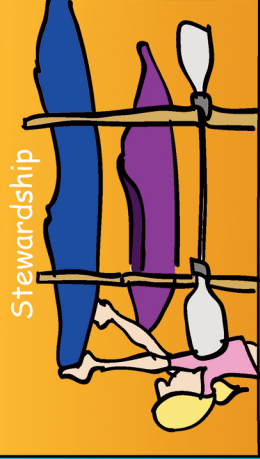
● Able to stop



● Cool down activity and stretch



● Assists others to carry boats



● Stores boat and paddle



● Kayak, paddle, pfd, if outside the pool

Instructor: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Prerequisites: confidence in water  
 Purpose: exposure to basic kayak skills for all ages in a safe environment  
 Venue type: pool or contained open water venue.  
 Duration: 1-2 hrs Date: \_\_\_\_\_