

Fundamentals Checklist

Personal Paddling Skills

Demonstration	Yes	No	Recommendations
Understands components of a boat			
Ability to adjust these components			
Efficient/smooth forward paddling			
Demonstrates good posture			
Demonstrates good rotation			
Ability to draw the boat sideways			
Ability to scull the boat sideways			
Uses a low brace for recovery			
Uses a high brace for recovery			
Uses sculling strokes for recovery			
Ability to turn on the spot			
Ability to perform wide turns			
Ability to turn on inside edge			

Ability to turn on outside edge			
Breaks in and out of an eddy			
Performs front ferry glides			
Performs back ferries in current			
Able to hip flick the boat			
Able to T-rescue			
Able to roll in the pool / open water			