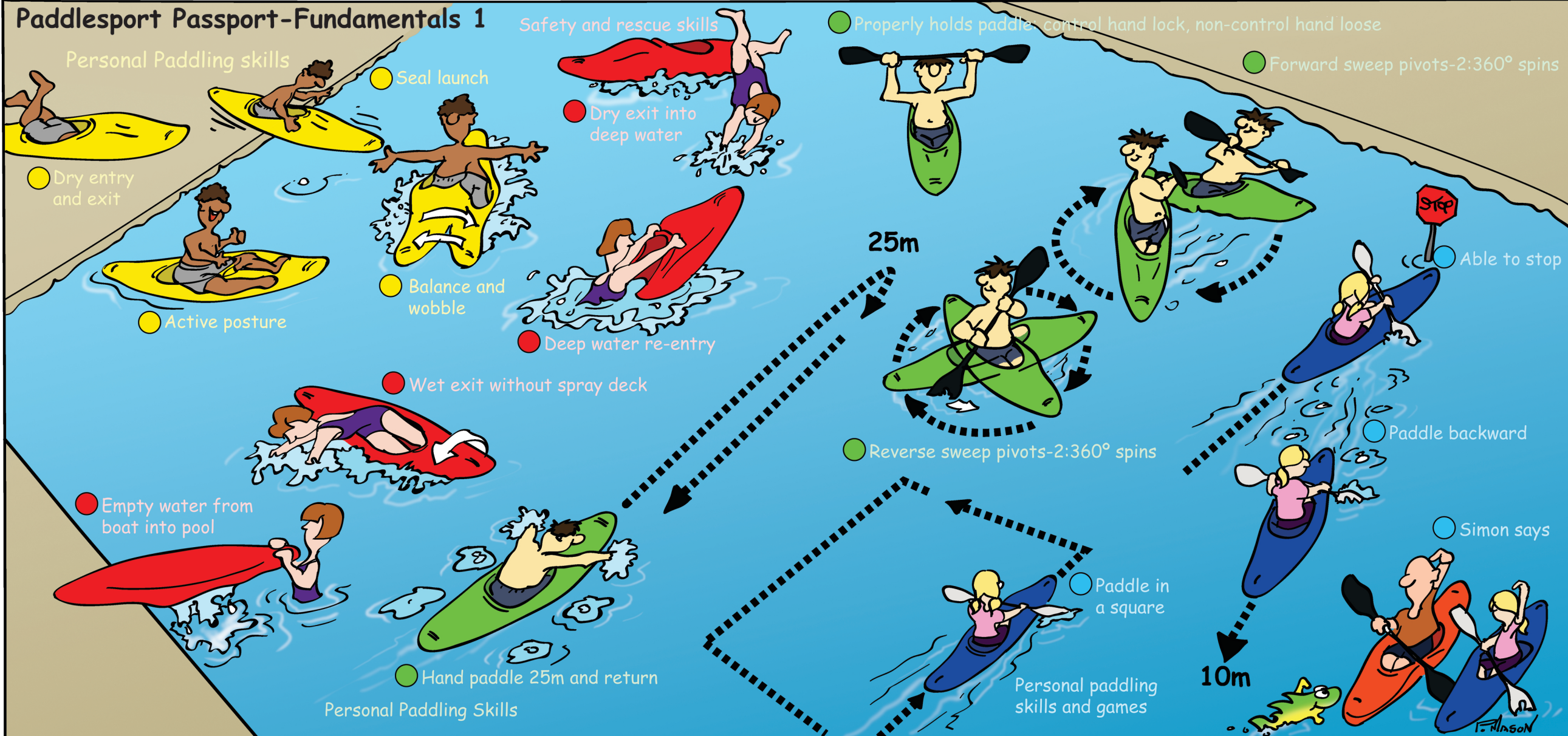


# Paddlesport Passport-Fundamentals 1

## Personal Paddling skills



## Personal Paddling Skills

Personal paddling skills and games



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: \_\_\_\_\_

● Cool down activity and stretch

● Assists others to carry boats

● Stores boat and paddle

● Kayak, paddle, pfd, if outside the pool