

Windsor Canoe Club-house Key Assessment

 Part A Personal Paddling and Rescue Skills	A.1 Lift, carry and launch the kayak
	A.2 Paddling, steering and controlling the kayak - around Baths Island. Be able to control the kayak along a course.
	Efficient forward paddling
	Stopping forwards & backwards within 4 strokes.
	Rotate 180 degrees in both directions
	Reverse 5m.
	Turns to left and right
	A.3 Return kayak to bank and get out. Showing a controlled and safe method of getting out of the kayak and taking it out of the water.
	A.4 Capsize kayak and swim to shore 15m. Recovering all equipment. Empty kayak demonstrating the principles of safe lifting, and care and concern for the kayak and associated equipment
Part B Awareness of Club rules	B.1 Need to sign in and out every visit to the clubhouse
	B.2 Club equipment may not be used on red & yellow boards
	B.3 Veto on paddling below the railway bridge in the winter
	B.4 Ideally should not paddle alone.
Guest assessment (optional)	A.5 Deep water rescue <i>Rescue a fellow paddler who has fallen out of their kayak in deep water and recover their equipment.</i>
	B.5 Max of 2 guests can be signed in at any one time and must be paid for. <i>You are responsible for their safety and need to be able to rescue them.</i>