

Windsor Canoe Club-house Key Assessment

	Part A	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.	
Part B	Personal Paddling and Rescue Skills	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	
		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)	Rescue Skills	A.5 Deep water rescue <i>Rescue a fellow paddler who has fallen out of their kayak in deep water back into their kayak and recover their equipment.</i>	
	Awareness of Club rules	B.5 Max of 2 guests can be signed in at any one time and must be paid for. You are responsible for their safety and need to be able to rescue them.	