



LEVEL 1 - CANOEING



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| 1 | Swim 50 metres. | |
| 2 | Demonstrate how to fit and wear an approved personal flotation device (PFD). | |
| 3 | Explain the basic safety rules for canoeing and the buddy system. | |
| 4 | Name the parts of a canoe. | |
| 5 | Demonstrate how to safely get into and out of a canoe. | |
| 6 | Under supervision, demonstrate the basic paddling strokes and show that you can safely control the canoe. | |

EXAMINER:

DATE COMPLETED:

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| CUBS TESTED | | | |
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