



## LEVEL 2 - CANOEING



1	List or state the rules of safe canoeing and the buddy system.	
2	Swim 50 metres in shirt, shorts and shoes and then tread water for five minutes.	
3	Demonstrate how to fit and wear a personal flotation device (PFD). Show the correct way to swim whilst wearing a PFD.	
4	Name the parts of a canoe and explain their function.	
5	Show how to check and prepare a canoe before canoeing and how to correctly store a canoe after you have finished.	
6	Explain how to find information relating to the expected weather and water conditions in the area where you go canoeing. Describe the effect of adverse weather conditions on canoeing.	
7	Demonstrate how to correctly launch and recover a canoe and show how to control a canoe by using the basic paddling strokes.	
8	Capsize your canoe. Swim it to shore and recover the canoe.	
9	Have the regular use of a canoe. Keep a record of the times and conditions that you canoed it.	

**EXAMINER:**

**DATE COMPLETED:**

<b>CUBS TESTED</b>			