



Paddlepower Passport

Name _____

		Level 2	Done	Level 3	Done	Level 4	Done	Level 5	Done
Boat Safety				Know and explain the Safety Drill				Capsize your boat	
Water Confidence						Swim wearing a buoyancy aid			
Personal Safety				Fit your own Buoyancy Aid				Identify two items of safety equipment	
Embarking		Get into your boat as explained by your Coach		Get into a boat without any help		Check your boat, launch it and get into it.		Check your boat and launch it. On a different surface get into it	
Balancing		In your boat show good body position, shape and balance		Show good balance in a boat whilst doing a simple task		Show good balance in a moving boat whilst doing a simple task		Show good position, shape and balance in a moving boat, whilst doing simple paddle tasks.	
Forwards	Single Hull	Hold a paddle correctly and go forwards		Paddle properly and close to a named point without hitting it		Paddle properly at two different speeds		Paddle effectively at different speeds including short sprints.	
Backwards				Paddle backwards on a straight course for about 5 metres				Paddle backwards along a 15 metre straight course	
Stopping		Stop your boat from moving forwards		Stop your boat from moving backwards		Stop your boat quickly - forwards and backwards		Stop your boat whilst moving at speed	
Turning		Turn your boat left and right				Turn your boat around a simple course			
Moving and Turning		Show how to steer a boat with a paddle or rudder		Use your paddle to turn a boat		Steer your boat along a simple course		Steer your boat using different paddling actions	
Sideways		Move a boat sideways				Show two ways of moving a boat sideways			
Edging (single-hull)		Show a controlled wobble in a stationary boat		Slowly wobble a moving boat		Edge a boat and paddle on the low side		Edge a boat and paddle on the high side	
Lean, Roll, Recover						Show two ways of recovering from losing your balance			
Disembark		Get out of your boat as explained by your Coach		Get out of a boat without any help		Get out of a boat and help empty any water from it.		Get out of a boat onto a different surface. Help empty any water from it.	
Responsibility to Others						Check and look after any equipment. Help others.			
Responsibility to Self								Demonstrate two checks or adjustments to a boat	
		Do This		Develop these		This is your challenge		Know this	