



# Paddlepower Passport

Name \_\_\_\_\_

		Level 2	Done	Level 3	Done	Level 4	Done	Level 5	Done
<b>Boat Safety</b>				Know and explain the Safety Drill				Capsize your boat	
<b>Water Confidence</b>						Swim wearing a buoyancy aid			
<b>Personal Safety</b>				Fit your own Buoyancy Aid				Identify two items of safety equipment	
<b>Warm Up &amp; Warm Down</b>		Take part in a whole body warm up		Warm up thoroughly and gently warm down		Warm up and include paddle strokes. Warm down.		Warm up and warm down, including gentle paddling	
<b>Embarking</b>		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	
<b>Balancing</b>		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.	
<b>Forwards</b>	<b>Single Hull</b>	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.	
	<b>Multihull</b>	Stand up in a stationary boat holding your paddle with both hands		Paddle in time with the crew		Paddle from a forward position and set the stroke rate		Paddle left and right sides	
<b>Backwards</b>				Paddle backwards on a straight course for about 5 metres				Paddle backwards along a 15 metre straight course	
<b>Stopping</b>		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	
<b>Turning</b>		Turn your boat left and right				Turn your boat around a simple course			
<b>Moving and Turning</b>		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	
<b>Sideways</b>		Move a boat sideways				Show two ways of moving a boat sideways			
<b>Edging (single-hull)</b>		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	
<b>Lean, Roll, Recover</b>						Show two ways of recovering from losing your balance			
<b>Disembark</b>		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.	
<b>Responsibility to Others</b>						Check and look after any equipment. Help others.			
<b>Responsibility to Self</b>								Demonstrate two checks or adjustments to a boat	
<b>Journeying</b>		Paddle the boat 200metres without stopping		Paddle the boat a total distance of 500 metres		Paddle the boat a total distance of 1000 metres		Paddle the boat a total distance of 2 kilometres	
<b>Sessions</b>		Complete at least 2 paddling sessions		Complete at least 3 paddling sessions		Complete at least 4 paddling sessions		Complete at least 6 paddling sessions	
<b>Know Paddlesport</b>				Know how to contact your nearest Canoe Club					
<b>Paddlesport Environment</b>								Look at the Canoeists Code	
<b>Care for Paddlers</b>				Explain the advantages of warm-up				Handle boats and equipment correctly	
<b>Food and Drink</b>						Bring Food and Drink for after your paddling			
<b>Training and Practice</b>								Measure your heart rate	
		<b>Do This</b>		<b>Develop these</b>		<b>This is your challenge</b>		<b>Know this</b>	