

# PADDLING SKILLS CERTIFICATE

TEAM NAME: \_\_\_\_\_

TEAM NUMBER: \_\_\_\_\_

Team Captain: \_\_\_\_\_ 1<sup>st</sup> Teammate: \_\_\_\_\_

2<sup>nd</sup> Teammate: \_\_\_\_\_ 3<sup>rd</sup> Teammate: \_\_\_\_\_

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## Skills – Technique

### ❖ Boat/paddling maneuvers:

Demonstrate on the water:

Peel out, downstream/upstream ferry-forward, back ferry, eddy turns, stop (within reasonable distance), boat leans, positions-sitting/kneeling- rocking/balance, forward in a straight line.

Paddle strokes- forward and backstrokes, draw stroke, cross bow draw, bow sweep, stern sweep, stop.

Reading water- V's-upstream/downstream, recognizing; rocks, horizon line, ledges, strainers, eddies, hydraulics.

### ❖ River rescue/safety:

Explain/Discuss: How to swim, foot entrapment prevention, aggressive swimming, avoiding obstacles/strainers (river bends), broaching/pinning, communication-paddle signals/whistle use, rescue priorities (people, boats, gear), hypothermia-prevention and treatment, river walking (using paddle), how to receive a throwrope, proper clothing, boat-types, flotation, repairs, paddle-types, hand position, length, lifejacket-fit, types, (location of whistle/knife), helmets, bailers.

Demonstrate: Strainer drill, throwbag use- throwing side arm, overhand, underhand, re-stuff, re-throw, belay position, boat over boat rescue, lining a boat, portage/carries, rigging- gear attachment, throwrope location, load distribution

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Instructor /Agent Name	Name of Business	ACA/Outward Bound Certification # if applicable	Date
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Address/State/Zip Code	Phone Number
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Location (waterway) skills performed on \_\_\_\_\_ Water flow (CFS) \_\_\_\_\_

Instructor/Agent has witnessed the following individuals perform the required skills listed above.

### **Certifies that:**

Mr./Ms. \_\_\_\_\_ has the skills and experience levels required.

Mr./Ms. \_\_\_\_\_ has the skills and experience levels required.

Mr./Ms. \_\_\_\_\_ has the skills and experience levels required.

Mr./Ms. \_\_\_\_\_ has the skills and experience levels required

**This completed certification form must be mailed in before race date.**