



## Kamloops Canoe and Kayak Club Paddling Evaluation Form

Name  Level 1  Level 2  Level 3  Level 4

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### Level One (Average to advanced summer camp participant)

Paddlers must demonstrate all of the following abilities.

- | Paddle in all these boats:         | Demonstrate these skills in<br><b>K1:</b>                | Demonstrate these skills in<br><b>C1:</b>                   |
|------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> War Canoe | <input type="checkbox"/> Bounce the boat                 | <input type="checkbox"/> Paddle 5 strokes on the right side |
| <input type="checkbox"/> K4        | <input type="checkbox"/> Paddle with eyes closed         | <input type="checkbox"/> Paddle 5 strokes on the Left side  |
| <input type="checkbox"/> C4        | <input type="checkbox"/> Twirl the paddle above the head | <input type="checkbox"/> Stand up for 3 seconds             |
| <input type="checkbox"/> K2        | <input type="checkbox"/> Javelin toss                    | <input type="checkbox"/> Manitoba Walk (Bonus)              |
| <input type="checkbox"/> C2        | <input type="checkbox"/> Pass the paddle under the boat  |                                                             |
| <input type="checkbox"/> K1        |                                                          |                                                             |
| <input type="checkbox"/> C1        |                                                          |                                                             |

- Paddle a minimum of 2 km. in singles or doubles.
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### Level Two (Intermediate / Club level paddler)

Paddlers must demonstrate all of the following abilities.

- Paddle War Canoe on both right and left sides
- Demonstrate the ability to race in K4
- Demonstrate the ability to race in C4

Complete the following skills in Canoe, Kayak, or both.

- | <b>Kayak</b>                                                                               | <b>Canoe</b>                                                        |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> Paddle K4, K2, and K1 with a seat                                 | <input type="checkbox"/> Paddle a figure-eight in C2                |
| <input type="checkbox"/> Perform all of the level one Kayak tasks while using a seat in K1 | <input type="checkbox"/> Paddle a figure-eight in C1                |
| <input type="checkbox"/> Paddle 500m using hands only (seat not required)                  | <input type="checkbox"/> Paddle 500m on the right side in C2        |
| <input type="checkbox"/> Explain the four parts of the kayak stroke                        | <input type="checkbox"/> Paddle 500m on the left side in C2         |
|                                                                                            | <input type="checkbox"/> Demonstrate the steering strokes           |
|                                                                                            | <input type="checkbox"/> Explain the four parts of the canoe stroke |

- Paddle a minimum of 6 km. in singles and 12km. in doubles.
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## Level Three

(Provincial level competitive paddler)

- Demonstrate the ability to race in C15, K4, and C4.

Paddlers must complete the following skills specializing in Canoe, Kayak, or both.

### Kayak

- Paddle with a seat fulltime
- Paddle 500m using hands (seat required)
- Demonstrate the ten commandments of Kayak technique
- Learn to paddle with a foot strap
- Paddle 1000m straight without using the rudder
- Show the ability to steer K2, and K4 in competition

### Canoe

- Steer a C1 in a straight line for 1000m.
- Show the ability to steer C2, and C4 in competition
- Paddle 500m using the T of the paddle in C1 or C2
- Paddle 500m on the right side in C1
- Paddle 500m on the left side in C1
- Demonstrate the ten commandments of Canoe technique

- Paddle 24 km in singles or doubles in one day

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## Level Four

(National level competitive paddler)

Write and practice:

- Pre-competition plan
- Competition plan
- Race plans for each distance
- Key words

Practice and master:

- Wash riding
- Washout recovery
- Side-wave technique
- Head and tailwind strategies

Write refocusing plans for:

- Adverse weather conditions
- Disappointment in the heats or early races
- Disagreements or arguments with teamboat partner(s)

- Follow an age appropriate, competitive training program
- Paddle the “piece of cake” work out twice in one day.

(250/250m, 500/250m, 750/250m, 1000/250m, 1250/250m, 1500/250m, 1750/250m, 2000/250m, 1750/250m, 1500/250m, 1250/250m, 1000/250m, 750/250m, 500/250m, 250/250m.) on/off

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