



Pool Awards



Member.....

BRONZE

		Comment	Date Assessed	Signature
SURVIVAL	Capsize <u>without</u> a spraydeck			
	Capsize <u>with</u> a spraydeck			
	Tow a capsized kayak and your paddle length of pool			
	Empty a swamped kayak with a buddy			
WATER CONFIDENCE	Swim 25m in full kayak / canoe kit and BA			
	Remain in a capsized boat for 10 secs before exiting			
	Self rescue using pool edge			
BOAT HANDLING Equivalent to 1 Star	Basic forward paddling / Basic C1 paddling			
	Basic reverse paddling / Basic C1 - Crossovers			
	Stopping F&B / Basic C1 - Crossovers			
	Sweep turns - Bow and Stern			
	Low brace - both sides			
	Beginnings of draw stroke			
	Stern rudders - both sides			
SAFETY	Use a reaching rescue to bring a capsized paddler to the side of the pool			
	Use a throwline to bring a capsized paddler to the side of the pool			
	Carry a casualty the length on the pool on your kayak			