



Pathfinder Honour: Workbook

Canoeing 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

Date:

To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

Canoeing 1 Honour

Requirement 1 Have the Swimming 3 (Intermediate) Honour

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Requirement 2 Know, demonstrate and comply with the safety requirements that are listed under the following headings:

a.	General safety considerations:		
b.	Canoeing Safety Code:		
c.	Safety Signals:		<u>Description of Signal</u>
	Stop:		
	All Clear:		
	Pointing direction:		
	Help or assist:		

Requirement 3 Demonstrate the correct wearing of a PFD. (Personal Flotation Device) and describe how to care of a PFD. Please write brief notes.

Correct wearing of a PFD:	
Care of a PFD:	

Requirement 4 Present for inspection the equipment necessary for a one day paddle on flat water. Please write brief notes.

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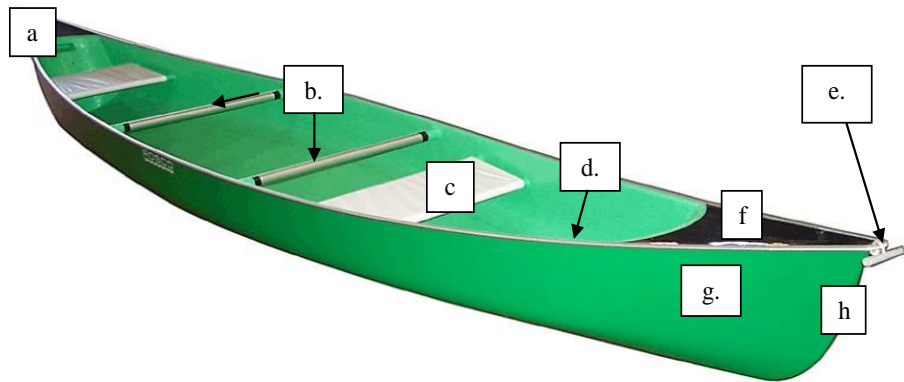
Canoeing 1 Honour

Requirement 5 Buoyancy is important for both paddlers and their craft. Know how to achieve this for both. Please write brief notes.

Requirement 6 Explain the procedure to be followed to carry out basic repairs to the craft being used during this test. Please write brief notes.

Requirement 7 Identify the parts of a canoe.

a.	
b.	
c.	
d.	
e.	
f.	
g.	
h.	



Requirement 8 Identify the parts of a paddle and demonstrate how to hold a paddle.

Parts of a Paddle

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How to hold a Paddle.



Canoeing 1 Honour

Requirement 9 Launch the craft, embark from the bank and propel the craft forward and backward. Use *Canoeing Honour 1 – Basic Skills Assessment Form*

Requirement 10 Be able to demonstrate the following strokes:

- | | |
|---------------------|---------------------|
| a. Emergency stop | f. Reverse paddling |
| b. Forward sweep | g. Draw stroke |
| c. Reverse sweep | h. Pry stroke |
| d. Support stroke | i. J stroke |
| e. Forward paddling | j. Bow draw |

Use *Canoeing Honour 1 – Basic Skills Assessment Form*

Requirement 11 Demonstrate the correct procedure to come alongside the following:

- a. The bank or shore
- b. Another canoe or kayak

Use *Canoeing Honour 1 – Basic Skills Assessment Form*

Requirement 12 Demonstrate proficiency in handling a canoe capsize situation.

Use *Canoeing Honour 1 – Basic Skills Assessment Form*

Requirement 13 Demonstrate the ability to empty the craft and place it on the bank.

Use *Canoeing Honour 1 – Basic Skills Assessment Form*

Requirement 14 Demonstrate the ability to perform a deep water rescue of a swamped canoe. Use *Canoeing Honour 1 – Basic Skills Assessment Form*