Canoe Trek Pre-Trip Skill Check

- All going canoeing must pass this bare minimum check before arrival to camp.
- This check is to be administered by a troop leader one week after receiving instructional assistance.
- Requires basic knowledge of paddling such as the Forward Stroke, Sweep Stroke, J-Stroke, Draw Stroke, & Backstroke.
- This is no simple task and will require a minimum of 2-3 canoeing adventures prior to your trek.

<u>Check is as follows:</u> While sitting/kneeling in the middle of a two-person canoe, Paddle only on the left side of the canoe in a straight line for 500 Feet, Turn Around, Paddle back only on the Right Side of the Canoe in a straight line for 500 Feet.

Name	Date Passed	Leader Initials