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Basic Proficiency Test

Boat No.:

The aim of this test is to satisfy the testing official and UCTCC that the candidate has attained the level of proficiency required to participate in Flat Water.

Until this test has been completed the candidate will not be allowed to partake in any events or paddle without close supervision.

1	Theory Test (Interview)		Comments	OK? Yes/No	
	1	What are the criteria for selecting a boat for yourself for the river?			
	2	What basic safety equipment should you always take with you to a canoe race?			
	3	What is the difference between a life-jacket and a buoyancy aid?			
	4	What should you do before setting out in your canoe?			
	5	What conditions must you be aware of before you get onto the water?			
	6	You have capsized – what is your first action?			
<i>Tested by:</i>		<i>Date:</i>			
2	Practical Test		What should be shown	Comments	OK? Yes/No
		<i>Candidates must be in full kit</i>	<i>Boat, paddle, splash cover, buoyancy aid</i>	<i>Equipment must be checked by examiner</i>	
	1	Launch the Canoe	Must be floating next to the bank or jetty: get into the canoe correctly handling the paddle, put splash cover on, maintain balance and paddle confidently away		
	2	Paddling style	Correct width of grip, correct paddling position, Correct entry and exit of blade		
	3	Demonstrate skills	Emergency stops Support strokes Steering strokes The ability to reverse		
	4	Carry out a deliberate capsize	Easily release splash cover Retain paddle Retrieve boat and turn it upright Swim to shore Demonstrate correct emptying procedure		
	<i>Tested by:</i>		<i>Date:</i>		
	3	Swimming Test: 50 metre swim		Full paddling kit, but no buoyancy aid	
Floating and Tread Test		Float unassisted on back, breathing normally, then tread water for 2min with head clearly above water			
<i>Tested by:</i>		<i>Date:</i>			
4	Flat Water Paddle		Paddle no less than 2km in full paddling kit without rest		
	<i>Tested by:</i>		<i>Date:</i>		

ACCEPTED BY:

Club Safety Officer:		Date:
UCT Chairman:		Date: