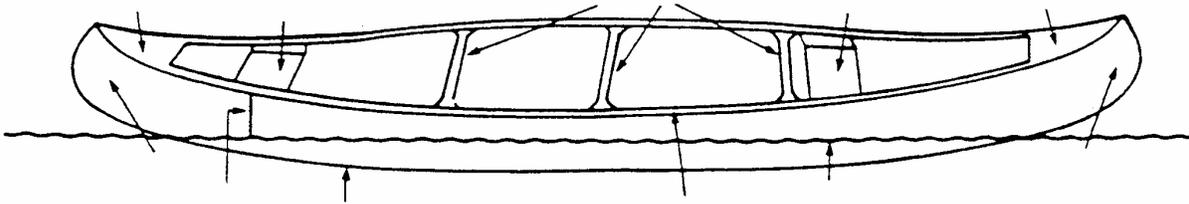


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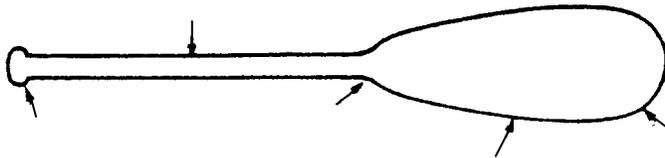
BASIC CANOEING TEST

TOTAL MARKS - 50

1. Label at least ten of the arrows on the drawing (10 marks)



2. Label the five indicated parts of the paddle (5 marks)



3. True or False (6 marks)

- | | | |
|---|------|-------|
| a) When putting the canoe in the water you should always bridge your canoe. | True | False |
| b) The bow paddler kneels at the bow and the stern paddler at the stern. | True | False |
| c) You should wear a life jacket at all times when you are in a canoe. | True | False |
| d) If you fall out of your canoe, the first thing you do is swim for the nearest shore. | True | False |
| e) You should sit in a canoe at all times and not kneel. | True | False |
| f) You shouldn't overload your canoe at any time | True | False |

4. What does the word "free board" mean? (4 marks)

5. Who usually holds the canoe when the others are getting in? (2 marks)

6. DESCRIBE:

a) a swamped canoe (2 marks)

b) a capsized canoe (2 marks)

7. What is the name of the stroke that is used to stop the canoe? (2 marks)

8. When picking out the proper size of a paddle, what should the approximate length of the paddle be? (2 marks)

1.

or 2.

or 3.

9. What is the usual number of people with gear that would be in a canoe? (2 marks)

10. What are the six strokes that we learned at the creek? (4 marks – one mark for each correct answer to a maximum of four)

1)

2)

3)

4)

5)

6)

11. Which way will the canoe turn if: (5 marks – 1 each)

- a) bow paddler paddles forward on the left and the stern paddler paddles backwards on the right?
- b) stern paddler does a reverse sweep on the left and the bow paddler does a bow stroke on the right?
- c) bow paddler does a draw on the right and the stern paddler paddles forward 1/2 sweep on the left?
- d) bow paddler does a draw stroke on the right and the stern paddler does a draw stroke on the left, will the canoe turn clockwise or counter clockwise?
- e) bow paddler does a draw stroke on the right and the stern paddler does a push away stroke on the left?

12. Using diagrams describe a canoe over canoe rescue. (4 marks)

STEP 1



Capsized canoe at right angles to midship of upright canoe.

STEP 2



Capsized canoe's air seal is broken and maneuvered on top of the gunwale of the upright canoe.

STEP 3



Capsized canoe is maneuvered on top of the upright canoe.

STEP 4



Capsized canoe is uprighted on top of upright canoe and then fed back into the water.