

Paddling Skills	Coach Initials		Safety Leadership & Group Skills	Coach Initials
Launching			Plan and lead a paddle trip for you, a coach, and up to 3 others. Cover the following with planning:	
Efficient forward paddle (250m)				
Stopping				
Reverse paddle			Weather, tides & simple buoyage	
Stern rudder through narrow gap			Equipment – kit list	
Low Recovery			Access permissions	
Turning - static			Anticipated timings	
Turning - moving			Anticipated hazards	
Move kayak sideways 5m (draw strokes)			Safety procedures	
Manoeuvre in & out of a confined space			Emergency procedures	
Return secure & stow boat			Transport arrangements	
Safety & rescue (on sea NOT pool)			Progression to Rec Paddles *	
Capsize exit, retaining paddle & kayak *			Ready for short rec?	
Be Deep Water Rescued back into boat *			Ready for standard rec? (done shorts)	
Deep Water Rescue another paddler				
Eskimo Rescue (rescuer and victim)			Other (at coach discretion)	
Lifting (safe handling)				

Notes:

Please bring card with you to every PPCA session.
Do not take onto the water unless can be kept dry.
Keep a photo of the card in case of loss/damage



**PPCA KAYAK EXPLORE
SKILLS PASSPORT 2026**

Name: