

**TANDRIDGE CANOE POLO - INDOOR KAYAKING**

**PROGRESS RECORD**

**Name:**

**Team:** .....

<b>'DEVELOPMENT LEAGUE' TRAINING (practical requirements for BCU Canoe Polo 1* Award):</b>	<b>Instructor to sign</b>
Enter floating canoe in correct manner from poolside. Paddle can be used.	.....
Demonstrate capsize drill without spraydeck, empty canoe (with assistance).	.....
Re-enter canoe, fit spraydeck, demonstrate capsize drill, retain or collect paddle, swim to the side and empty canoe. Help can be given with emptying. Paddle a circuit of at least 50 metres around the playing area - forwards.	.....
Paddle backwards in a straight line for one length of pool, turning trunk and looking over shoulder.	.....
Demonstrate a stop from paddling forwards (within 4 strokes).	.....
Demonstrate a stop from paddling backwards (within 4 strokes).	.....
Rotate 360° on the spot using bow and stern sweep stroke, left/right side.	.....
Paddle a figure of eight course using a combination of forward strokes and sweep strokes, demonstrating a basic level of steering control. Demonstrate a stern rudder on the left and right side.	.....
Demonstrate satisfactory beginnings of a draw stroke/sculling draw on each side.	.....
Demonstrate a low brace support/recovery stroke on right and left hand side.	.....
Throwing and catching - throw and catch a polo ball over 5 metres whilst stationary, achieving aim three out of five times.	.....
Shooting - score from the penalty spot three times out of five, showing good throwing technique with evidence of elbow passing the shoulder before the ball.	.....
Eskimo rescue - recovery with lower body rotation from an upside down position whilst maintaining a hold on the rescuer's bow.	.....
Return to edge and disembark, maintaining control whilst exiting the boat.	.....

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<b>INTERMEDIATE TRAINING (practical requirements for BCU Canoe Polo 2* Award):</b>	<b>Instructor to sign</b>
Paddle 20 metres to deep water wearing spray deck, capsize, give 'OK' sign, remove spraydeck calmly, exit canoe and tow canoe 20 metres to shallow water. Empty canoe (with assistance).	.....
Swimmer to canoeist rescue: (1) as rescuer , (2) as subject	.....
Demonstrate hip flick three times at rail, right and left side.	.....
2 metres from rail, capsize and swim in canoe to rail, hip flick up.	.....
2 metres from rail, capsize away from rail, turn 180°, swim to rail, hip flick up.	.....
Draw stroke for 8-10 metres on right and left side.	.....
Low brace support stroke right/left side.	.....
Low brace turn, right/left side.	.....
Bow rudder stroke, right/left side.	.....
High brace support stroke, right/left side.	.....

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PROGRESS RECORD

Name:

Team: .....

ADVANCED:	Instructor to sign
Capsize and swim in canoe for 10 metres, right and left side.	.....
Demonstrate a 360° roll with 2 floats, right and left side.	.....
Demonstrate a 360° roll with 1 float, right and left side.	.....
Perform an Eskimo rescue (bow to canoeist) in deep water as rescuer.	.....
Perform an Eskimo rescue (bow to canoeist) in deep water as subject.	.....
Demonstrate the X Method rescue, and act as subject.	.....
Demonstrate the sculling draw, right and left side.	.....
Demonstrate sculling support, right and left side.	.....
Demonstrate a paddle roll, right and left side.	.....
Demonstrate a hand roll, right and left side.	.....