



**Pool Awards**



Member.....

**GOLD**

		Comment	Date Assessed	Signature
<b>SURVIVAL</b>	Unconscious paddler resue			
	Eskimo roll 1 - Any 1 from Pawlata, Screw, Screw on the move, Reverse Screw			
	Eskimo roll 2 - Any 1 from Styr, Storm, 2 Handed, Single Handed			
	Eskimo roll 3 - Sea Kayak			
<b>WATER CONFIDENCE</b>	Re-entry and roll without spraydeck			
	Capsize, swim in the boat a pool width and self rescue			
<b>BOAT HANDLING</b> Equivalent to 3 Star	Sculling for support - both sides			
	Sculling draw - both sides + C1			
	Bow rudder - both sides +C1			
	Cross bow rudder - both sides + C1			
	Cross bow draw - both sides + C1			
	Pry - both sides C1			
<b>SAFETY</b>	Carry out a rescue and full recovery on an unconscious casualty			
	Demonstare how to summon assistance from within the pool - and outside the pool			