

Paddle Australia Qualification Scheme

Assessment Guidelines

Paddle OZ Adventure Canoe Polo



Qualification Definition

The Paddle Oz Adventure program aims to launch participants into more adventurous forms of paddling. Participants are introduced to specialised craft and the specific skills required to paddle them.

Component One

Know about canoe polo equipment

Capsize with spray deck and wet exit

Know about basic safety rules

Sit in a polo craft with correct posture

Use your lower body to maintain balance

Use bow draw strokes

Pick up, throw and catch

Block the ball with your paddle

Control the ball with your craft

Component Two

Select and fit your equipment

Perform a presentation rescue

Reactively use the back of the blade for support

Know about basic game rules

Control the ball with your paddle

Use your body weight to assist craft control

Use a variety of throwing/goal shooting techniques

Use edging while moving forward

Use shadowing and one on one play

Component Three

Maintain your equipment

Show sufficient knowledge of the rules to play a club game

Apply craft control with your body in game play

Reactively use both sides of the blade for support

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Perform dribbling and passing at speed

Flick the ball with both sides of blade

Combine edging with turning strokes at speed

Perform a Roll

Use offensive/defensive strategies

Know about junior development pathways