

Paddle Australia Qualification Scheme

Assessment Guidelines

Paddle Oz Starter



Qualification Definition

The Paddle Oz Starter program is the first component of the Paddle Oz Discovery program. This helps participants have a sense of accomplishment and encourages further participation.

Component One

Follow the instructions given by your instructor or coach

Wear a lifejacket and recommended clothing

Get into and out of your craft from shore, with assistance

Sit comfortably in/on your craft

Keep your balance while sitting in/on your craft

Hold a paddle with correct blade position

Paddle your craft forward

Stop your craft from moving forward

Float in a lifejacket