Canoeing Ranks Sheet

Junior Bowman

1. Know and follow the Cove Rules
2. Know the following knots: square, cleat, figure 8, bowline, 2 half hitches, sheet bend, clove hitch
3. Know the following parts of the canoe and paddle: bow, stern, port, starboard, stem, keel gunwales, painter, bang plate, rib, thwart, grip, shaft, throat, blade, tip, power face, back face
4. Know/demonstrate proper procedures for canoe transportation on land and for launching and entering a canoe
5. Demonstrate and know proper use for the following bow strokes; forward stroke, hold water, back paddle, draw, cross draw, sweeps
6. Paddle competently from the bow

Bowman

1. Know and follow the Maine State Boat Law
2. Explain how to load a canoe for flat water, upstream, downstream
3. Show proper care of boats and use good judgment on the water at all times
4. Change paddling positions, transfer from one canoe to another
5. Demonstrate mastery of all bow strokes
6. Demonstrate and know proper use for the following stern strokes: J strode, back paddle, pry, sweeps

Smoothwater Sternman

1. Pass the Intermediate swim test
2. Know and demonstrate proper canoe over canoe rescue
3. Vault out of and re-enter a canoe properly, know self-rescue techniques for a swamped canoe, paddle a swamped canoe to shore, disrobe and swim to shore
4. Land a canoe properly at a beach, a dock, and a rocky shore
5. Demonstrate mastery of all stern strokes and paddle competently from the stern on a windy day
6. Paddle from the stern on a three-day canoe trip

Roughwater Sternman

1. Know and practice simple canoe and paddle repair
2. Demonstrate the following solo strokes: J stroke rudder, reverse J stroke, back paddle, sweeps, draw, pry
3. Paddle solo for one mile
4. Paddle a canoe backwards using the reverse J for 300 meters
5. Paddle solo competently on a windy day
6. Plan menu, equipment, itinerary, etc. for a three-day canoe trip

Master Canoeist

1. Learn the following strokes: draw to the bow, high brace, low brace, duffek
2. Learn how to read rapids properly and demonstrate
3. Paddle from the stern on the St. Croix or Senior Canoe
4. Have a working knowledge of basic first aid
5. Approval of the Instructor