

**Provisional 2018 ICF PARACANOE**  
**ON-WATER TECHNICAL ASSESSMENT CHART**

V1

Athlete ID number

Federation

**ON WATER OBSERVATION**

Observed getting into the boat: Yes

Observed paddling away from dock: Yes

Observed paddling towards the dock: Yes

Observed paddling right to left (L to R): Yes

Start observed: Yes

*Intensity should vary from 50% effort to 100% effort*

Adapted Equipment in boat (photo)

Video

Adapted equipment with paddler in boat (photo)

Adapted paddle (photo)

Athlete holds adapted paddle (photo)

Novice paddler

Experienced paddler

Ama:

Left side

Right side

(circle one)

Athlete's dominant leg\*: Left

Right

(circle one)

\* Dominant leg = the leg that moves the most

Dominant hand side Leg movement*	0 Passive or no movement	1 Partial movement	2 Full movement
Position of legs	Dominant leg extended    Dominant leg flexed		
Feet/Foot contact with footboard	Yes	No	Passive    Active
Trunk Flexion	0 No trunk flexion	1 Partial trunk flexion	2 Full trunk flexion
Trunk Rotation	0 Shoulder movement only	1 Partial trunk rotation	2 Full trunk rotation
Range of stroke motion	Short    Normal	Long	Symmetrical Yes    No

Depth of paddle stroke	Deep    Shallow    Wide
Stroke speed	Slow    Regular    Fast    Able to vary speed
Stroke synchronization	Basic    Regular    Good
<b>TOTAL POINTS</b>	

