

SWEEP'S SESSION CHECKLIST

DATE: ___/___/___ TIME ON WATER: _____

COACH: _____

SWEEP: _____

NO. OF PADDLERS: _____ NO. <18 YEARS: _____

SESSION INTENSITY: HIGH [] MEDIUM [] LOW []

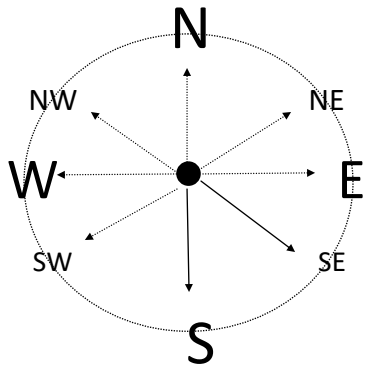
WATER: FLAT [] CHOPPY [] SWELL [] MOVING []
DEBRIS []

TIDE: RISING [] FALLING [] TURNING []

WEATHER: FINE [] OVERCAST [] RAIN []

WIND DIRECTION:

WIND STRENGTH:



CALM [] GENTLE []

MODERATE [] STRONG []

CHANCE OF STORM IN REGION:

NONE [] POSSIBLE []

LIKELY []

BOATS: TIANLONG [] LO SHEN [] KUAN YIN []

SESSION: DAY [] NIGHT [] LIGHTS CHECKED []

ANY PADDLERS RETURNING FROM INJURY? YES [] NO []

NOTES: _____

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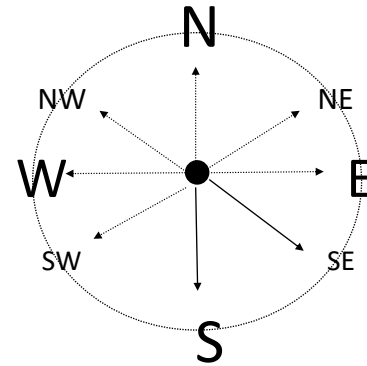
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