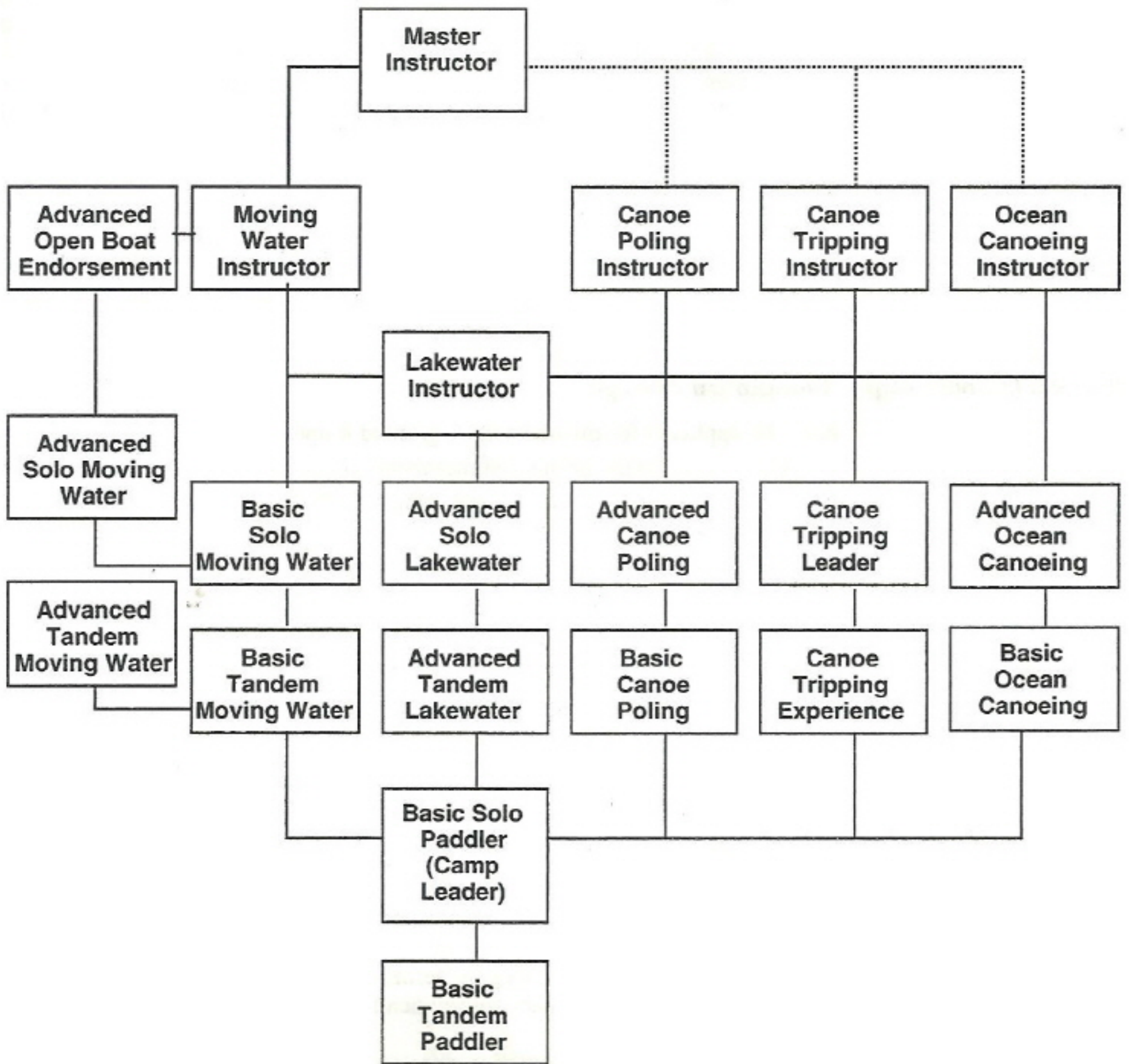


COURSE OUTLINE CHART



BASIC LAKEWATER PADDLER LEVELS

	Basic Tandem Paddler (1)	Basic Solo Paddler (2)
Prerequisite	None	Basic Tandem Paddler (RCA)
Theory	Parts of the Canoe Paddle-types, parts & selection PFDs-types & fit Safety procedures & equipment Canoe clothing (re: Hypothermia) Transporting canoes on a vehicle Waterproofing and storing gear Lake & Ocean Paddling	Solo positions, stance & trim Leaning the canoe Environmental ethics Access concerns
Skills	Tandem Launch Embark/Disembark (shore or dock) Paddling positions & trim Multiple carries (2 & 4 person) Change ends in deep water	Solo Launch Embark/Disembark (shore and dock) Paddling positions & trim Solo carries
Strokes	Tandem (Bow & Stern) Forward Reverse Draw (underwater recovery) Pry Sweeps (forward & reverse) "J" Stroke (bow optional)	Solo Forward Forward & reverse "J" Stroke Reverse Sweeps (forward & reverse) Draw (underwater recovery) Pry Forward & reverse "C" Stroke
Rescue	Canoe over canoe rescue Rafting up to rescue swimmers	Solo canoe over canoe Re-enter swamped and empty canoe Paddle swamped canoe solo
Rec. Reading	<u>Basic Canoeing</u> <u>1977 edition of Canoeing</u> (by American Red Cross)	<u>Path of the Paddle</u> by Bill Mason
Manoeuvres	Tandem Paddle 30 metres in a straight line Basic turns & sideslip	Solo Paddle 30 metres in a straight line Basic turns & sideslip

BASIC LAKEWATER PADDLER LEVELS

	Basic Tandem Paddler (1)	Basic Solo Paddler (2)
Prerequisite	None	Basic Tandem Paddler (RCA)
Theory	Parts of the Canoe Paddle-types, parts & selection PFDs-types & fit Safety procedures & equipment Canoe clothing (re: Hypothermia) Transporting canoes on a vehicle Waterproofing and storing gear Lake & Ocean Paddling	Solo positions, stance & trim Leaning the canoe Environmental ethics Access concerns
Skills	Tandem Launch Embark/Disembark (shore or dock) Paddling positions & trim Multiple carries (2 & 4 person) Change ends in deep water	Solo Launch Embark/Disembark (shore and dock) Paddling positions & trim Solo carries
Strokes	Tandem (Bow & Stern) Forward Reverse Draw (underwater recovery) Pry Sweeps (forward & reverse) "J" Stroke (bow optional)	Solo Forward Forward & reverse "J" Stroke Reverse Sweeps (forward & reverse) Draw (underwater recovery) Pry Forward & reverse "C" Stroke
Rescue	Canoe over canoe rescue Rafting up to rescue swimmers	Solo canoe over canoe Re-enter swamped and empty canoe Paddle swamped canoe solo
Rec. Reading	<u>Basic Canoeing</u> 1977 edition of Canoeing (by American Red Cross)	<u>Path of the Paddle</u> by Bill Mason
Manoeuvres	Tandem Paddle 30 metres in a straight line Basic turns & sideslip	Solo Paddle 30 metres in a straight line Basic turns & sideslip

MOVING WATER PADDLER LEVELS

	Basic Tandem Moving Water (1)	Basic Solo Moving Water (2)
Prerequisite	Basic or Advanced Tandem Paddler	Tandem Moving Water Paddler
Theory	Canoe construction, design, materials Care & repair of canoes & equipment Safety procedures & signals Extra flotation Group travel on the river River hydraulics and hazards River grading systems Map interpretations Environment and ethical considerations	Canoe trim & paddling position River reading
Strokes	In up to grade II water All strokes in Advanced Tandem Paddler River "J" Cross bow draw Stationary draw and pry Blending of Strokes High & low braces	Solo in up to grade II water Review all solo strokes River "J" Cross bow draw Blending of Strokes High & low braces
Manoeuvres	Embarking & disembarking Forward and back ferries Eddy turns & Peel offs Side slip & running side slip Lining, tracking & streaming Surfing	Embarking & disembarking Forward and back ferries Eddy turns & Peel offs Side slip & running side slip Surfing
Rescue	Throwing a line Swimming rapids (grade II) Shore and deep water rescues Self rescue in grade II	Body ferry with canoe Canoe over canoe in moving water Solo self rescue
Rec. Reading	<u>Basic River Canoeing</u> by R. McNair <u>Path of the Paddle</u> by Bill Mason	<u>The Canoe and White Water</u> by C. Franks <u>Canoe & Kayak Instruction Manual</u> by The American Canoeing Association
Evaluation	60% competence in up to grade II water	60% competence in up to grade II water

	Advanced Tandem Moving Water (3)	Advanced Solo Moving Water (4)
Prerequisite	Basic Moving Water Tandem Paddler	Basic Solo Moving Water Paddler
Theory	Canoe construction, design, materials Canoe outfitting, trim, paddling positions Safety Procedures, signals Flotation Requirements Personal Paddling Gear River hydraulics and hazards River Reading River grading systems Map interpretations Environmental and Ethical considerations Where to play	Canoe construction, design, materials Canoe outfitting trim and paddling positions Safety procedures and signals Extra flotation Group travel on River River hydraulics and hazards River reading River grading systems Map interpretations Environmental and ethical concerns Where to play
Strokes	In up to grade III water Review all tandem strokes River 'J' Cross Bow Draw Stationary Draw and Pry Blending of Strokes High and Low Braces Pry Brace Cross Braces	Solo in up to grade III water Review all solo strokes River 'J' Cross Bow Draw Cross Bow Stern Pry Stationary Draw and Pry Blending of Strokes High and Low Braces Pry Brace Cross Braces Off-side Draws Off-side Pries Off-side Braces Off-side Forward
Manoeuvres	Forward and Back Ferries Eddy turns and Peel Offs Side slip and Running Side Slip Surfing – Front, Side and Back Carving Spins Enders Window shades	Forward and Back Ferries Eddy turns and Peel Offs Side slip and Running Side Slip Surfing – Front, Side and Back Carving Other rodeo moves as suitable Spins 180's and 360's Enders Pirouettes Window shades Wingovers Cartwheels All moves to be done only when water conditions allow for safety

Rescue	Throwing a line Swimming rapids (Grade 2+) Canoe over Canoe Rolling and Assisted Rolling Self rescue and re-entry	Throwing a line Swimming rapids (Grade 2+) Canoe over Canoe Rolling and Assisted Rolling
Rec. Reading	<u>The Thrill of the Paddle</u> by Paul Mason and Mark Scriver <u>River Rescue</u> by Slim Ray and Les Bechdel	
Evaluation	Paddlers must achieve a 60% competency level in all areas paddling in Grade 3 water.	
Course Conductor	Advanced Paddler Courses must be taught by a Master and/or Moving Water Instructors with an Advanced Open Boat endorsement who has been recommended by the instructor coordinator and approved by the executive.	
Ratios	Tandem: 5:1	Solo: 4:1
Duration	Course Duration 5 Days	

CANOE TRIPPING LEVELS

	Canoe Tripping Paddler	Canoe Tripping Leader
Prerequisites	<p>Basic Tandem Paddler</p> <p>Basic Solo Paddler</p>	<p>Standard First Aid (minimum 16 hours)</p> <p>Advanced Tandem Paddler</p> <p>Tandem Moving Water if leading on moving water.</p> <p>Basic Ocean Canoeing if on Ocean.</p> <p>Trip Log: experience must include at least 3 2 day trips.</p>
Theory	<p>Safety issues. (include. hypothermia and first aid training needs.</p> <p>Environmental ethics and practices</p> <p>Leadership responsibilities: pre trip and daily group planning.</p> <p>Basic map reading.</p> <p>Tripping kit- personal and group equipment.</p> <p>Weather interpretation.</p> <p>Basic menu and food planning.</p> <p>Repair kits.</p>	<p>Safety considerations.</p> <p>Environmental ethic and supporting practices.</p> <p>Leadership responsibilities: pre-trip and daily group planning.</p> <p>Basic map reading.</p> <p>Tripping kit- personal and group equipment.</p> <p>Weather interpretation.</p> <p>Basic menu and food planning.</p> <p>Repair kits.</p> <p>Survival skills (pre-trip plan, shelters, signalling)</p>
Skills	<p>Loading canoes.</p> <p>Portaging gear and canoes.</p> <p>Tents, shelters: site selection, types.</p> <p>Fire building, site selection, and management</p> <p>Portable stoves.</p> <p>Trip packing.</p> <p>Rescuing loaded canoes.</p>	<p>Loading canoes.</p> <p>Portaging gear and canoes.</p> <p>Tents, shelters: site selection, types.</p> <p>Fire: site selection, building, management.</p> <p>Portable stoves.</p> <p>Trip packing.</p> <p>Rescuing loaded canoes.</p>
Note	<p>To be taught over 2 days with one overnight minimum.</p> <p>To be taught on Lakewater only.</p>	<p>To be taught over 3 days with 2 overnights minimum.</p>
Rec. Reading	<p><u>Song of the Paddle</u>, by Bill Mason</p>	<p><u>Song of the Paddle</u> by Bill Mason</p> <p><u>Be Expert with Map and Compass</u>, by Bjorn Kjellstrom</p> <p><u>Leave No Trace</u>,</p>
Course Conductor	<p>Canoe Tripping Instructor</p>	<p>Tripping Instructor, plus:</p> <p>Ocean Instructor if on ocean</p> <p>Moving Water Instructor if on a river.</p>

CANOE POLING PADDLER LEVELS

	Lakewater Poling (3)	Moving Water Poling (4)
Prerequisites	Basic Solo Paddler (Level 2)	Lakewater Poling (3) Solo Moving Water Paddler (4) or equivalent
Theory	Poling history Types of canoes & poles Advantages of poling	Clothing & footwear Equipment displacement Safety & hazards associated with moving water & wilderness situations. Leadership responsibility Flotation
Skills	Balance with & without a pole - walk from one end of canoe to other Walk backwards with pole Standing jump forward Leaning pole balance	Reading moving water with an emphasis on hydraulics Tracking Lining Wading
Strokes	Kayak Stroke - standing & sitting Hand-over Hand-over switch Draw Pry (bow, mid, & Stern) Windmill Quick Jab Push stroke (side & back) Snubbing (bow & stern)	- to be practised in back eddies & differentials, both upstream & downstream Surfacing poling (*not upstream) Hand over stroke Windmill stroke Hand over switch Quick Jab Draw Snubbing
Manoeuvres	Forward & backward sweep turns Surface drag turns - left & right Draw turns Push turns Stern pry turns (45°) Bow pry turns (45°, 90°, 180°) Straight course (pole or drag)	Downstream Bow pry turns (cross over, modified) Drag down to stop Eddy turns (enter & exit) Ferries (forward & back) - practised in back eddies & differentials. Right & left turns Drag turns Draw turns Push turns Stern pry turns Holding Upstream Shift (left & right) Poling a minimum of 100 meters in gr.2 water (standing) Forward ferry - practised in back eddies & differentials. Holding Right & left turns

OCEAN CANOEING PADDLER LEVELS

Ocean Canoeing (3)

Paddling on protected coastal waters under a variety of conditions

Ocean Canoeing (4)

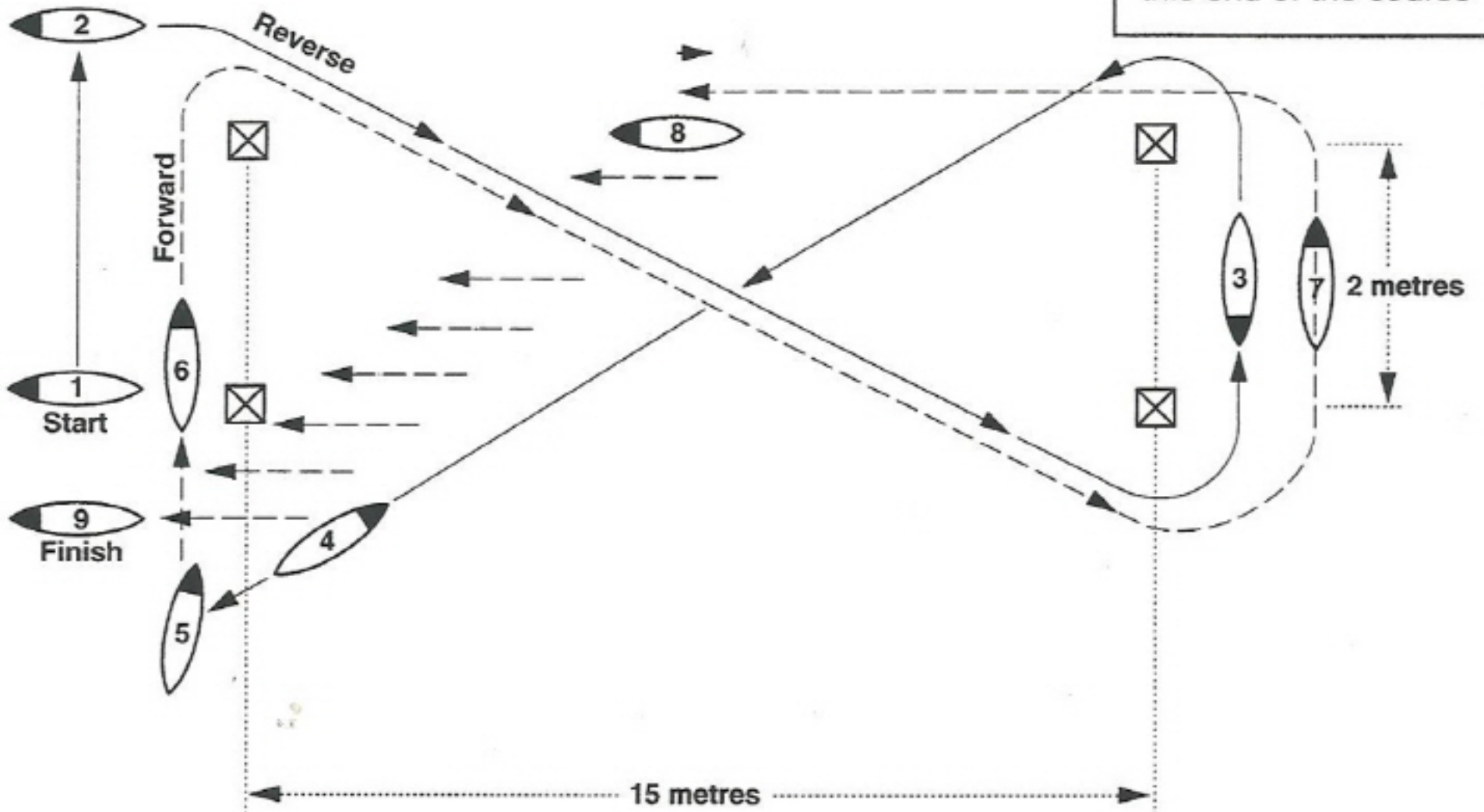
Advanced paddling on moving tidal waters.

Prerequisite	Basic Lakewater (2)	Ocean Canoeing (3)
Theory	<p>M.O.T. harbour & small vessel regulations & signals</p> <p>Commercial & recreational traffic (procedures & courtesies)</p> <p>General safety (procedures & equipment)</p> <p>Basic navigation: Reading charts Plotting courses on a chart Reading Tide & Current Tables Using a compass to establish a course</p> <p>Weather tips & information sources</p> <p>Wave theory & action</p> <p>Trip planning & leadership</p> <p>Fresh water sources</p> <p>Understanding the hazards of open ocean canoeing, night canoeing and canoeing in fog</p>	<p>Review Coast Guard regulations & inshore boating ethics</p> <p>Review of basic navigation: Taking bearings Fixing Course Made Good with current and wind Using Tide & Current Tables to predict tidal heights & currents at specific times</p> <p>Practical weather forecasting</p> <p>Tidal hydraulics</p> <p>Effects of winds & waves</p> <p>Survival theory</p> <p>Leadership & Communications</p> <p>Environmental awareness: ethics identification of inter tidal plants & creatures of the area (discussion of reference books only)</p>
Skills	<p>Loading & trimming a canoe</p> <p>Handling a canoe in wind, waves and currents</p> <p>Embarking & disembarking in surf on both sandy and rocky shores</p> <p>Knots - reef, bowline, clove-hitch, sheetbend, figure 8 or stopper</p>	<p>Upgrading of level 3 skills of handling a canoe in wind, waves & currents, and embarking & disembarking in surf on both sandy and rocky shores</p> <p>Tandem & solo techniques, including eddy turns, peel offs & ferries</p>
Rescue	Search & Rescue information	Rescue Techniques & innovations (rafting, sailing etc.)
Rec. Reading	<p><u>Boating in Canada: Practical Piloting & Seamanship</u> by Garth Griffiths</p> <p><u>Weather: A Golden Nature Guide</u> published by Golden Press</p> <p><u>Sea Canoeing</u> by Derek Hutchinson</p>	<p><u>Living Shores of the Pacific Northwest</u> by Lynwood S. Smith</p> <p><u>A Field Guide to Western Birds</u> by R.T. Peterson</p> <p><u>B.C. Marine Fish and Shellfish Regulations</u></p> <p><u>Waves and Beaches</u> by Willard Bascom</p>
Evaluation	<p>Suggested times: Theory & Examination - 12 hours Practical - one full day paddling (overnight trip preferred)</p>	<p>Suggested times: Theory & Examination - 12 hours Practical - one overnight trip</p>

TANDEM AND SOLO PADDLING COURSES

Tandem Paddling Course

Switch paddle sides each time you pass this end of the course



Solo Paddling Course

