

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 Safety procedures & signals Extra flotation Group travel on the river River hydraulics and hazards River grading systems Environment & ethical considerations	Canoe trim & paddling position River reading
Practical On Land Skills	Care & repair of canoes & equipment	
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
Recommended 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