

### Closed Canoe(C-1) Levels

	<u>Lakewater C-1, (12 hours), includes 4 hour rolling component</u>	<u>Moving Water C-1, (16 hours).</u>	<u>Advanced Whitewater C-1, (16 hours)</u>
<b>Prerequisites</b>	Basic Solo Lakewater Level 2, challenge at instructor's discretion.	Lakewater C-1, C-1 (or equivalent) rolling component.	Moving water C-1
<b>Theory</b>	C-1 construction and repairs, knots and ropes, Equipment variations, Water hazards(wind/waves), outfitting, history of C-1/Canoe.	All C-1 level 1 theory, C-1 variations in design and function, care and repair of equipment, River reading, safety procedures/signals, flotation, outfitting, River Hydraulics/hazards, River grading systems, Environmental ethics	All C-1 (flatwater and moving water) theory, playboating ethics, group safety, holes/ledges, wave dynamics and applications to C-1
<b>Skills</b>	Entering/exiting C-1's, embark/disembark, wet exits, carrying, braces, introduction to C-1 roll. Carving turns(onside and offside), reverse control, turning corners with momentum, spinning, introduction to "off-side" forward paddling, edge control (tilts), side slips. C-1 test course.	All C-1 level 1 skills, river rolling, surfing, ferries(back and forward), eddy turns and peel outs, S-turns reading whitewater and hazards assessment, competency with C-1 roll. C-1 moving water test maneuvers.	All C-1 level 1+2 skills, offside paddling, back deck rolls, pirouettes, stern squirts, carving and surfing, spins, sidesurfing, carving and skidding, back paddling and offside reverse strokes, offside forward sweep,pivot turns, anatomy of a hole, back surfing, cartwheels(as boat permits), various advanced playboating moves as allowed by water conditions, safety and time. C-1 advanced flatwater test course. Boof Stroke.
<b>Strokes</b>	All strokes from flatwater solo open boat, "D" stroke, sculling draws, high braces, low braces, combination offside bow draw with onside sweep, offside sculling draw, "blending" of strokes	All C-1 level 1 strokes, Carving turns with blends of strokes. Blended strokes.	All c-1 level 1+2 strokes, "double pump" cartwheel strokes, blends and variations of strokes for all advanced moves, boof stroke.
<b>Rescue</b>	Self-rescue, swimming to shore, deep-water C-1 over C-1 rescues, assisted rolling techniques, towing rescues.	Review of all flatwater rescues, throw bags, swimming in moving water, Towing rescues, boat bumping rescues.	Review of all C-1 level 1+2 rescues.
<b>Rec. Reading</b>	Video: Path of the Paddle-solo by Bill Mason(N.F.B.) Book: Path of the Paddle-solo, by Bill Mason The C-1 Challenge, Kent Ford (Video).	Basic River Canoeing by bill McNair Path of the Paddle by Bill Mason-solo. Thrill of The Paddle by Mason/Scriver(book).	Ken Whiting's Whitewater Playboater's handbook. Thrill of the Paddle, Mason/Scriver. Guide to Whitewater Playboating by Ken Whiting, Foster/Kelly.
<b>Evaluation</b>	50% competency completing the solo C-1 circuit.	60% competency in up to Grade 2 using all moving water skills. C-1 test maneuvers.	60% competency in all playboating moves in up to grade 3 water, C-1 test maneuvers.

