

## **C-1 Instructor**

**Prerequisites:-** Lakewater Instructor Minimum 1 year.  
C-1 paddler levels 1, 2, 3, minimum 1 year.

**Duration:** 40 hours instruction, 8 of which are flatwater and the remainder on moving water (16 hours each for moving water and advanced moving- water ).

**Course Conductor:** - Evaluation is to be done by a master instructor with a C-1 certification. Instruction can also be done by an instructor examiner with a C-1 instructor certification, or alternately, testing can be done by an instructor examiner with a C-1 Instructor certification (as approved by the executive).

**General:** - The canoeist should not be exposed to water exceeding grade 3. Emphasis should be placed on paddling in grade 2/3water, with the candidate being capable of performing maneuvers in each grade of water.

**Theory:** -All material from C-1 Lakewater and C-1 Moving Water paddler levels. Knowledge of how to activate local rescue authorities. Recovery of boats and stranded paddlers. Teaching techniques for river trips.

**Strokes:** -All C-1 moving water and C-1 lakewater strokes.

**Practical:** -Review and practice all moving and lakewater paddling maneuvers. Practice and teach any moving or Lakewater theory, stroke or maneuver. Demonstrate confidence on grade 3 water.

**Required Reading:** - Thrill of the paddle by Paul Mason and Marc Scriver. River Rescue by L.Bechdel and S.Ray in addition to other recommended R.C.A.B.C. texts. Canoeing and Kayaking Instruction Manual by the American Canoeing Association.

**Evaluation:** -Achieve a minimum of 70% on Moving Water theory exam. Over the course, demonstrate an 80% success rate when performing required moves. Demonstrate effective detection and correction of stroke mechanics and maneuvers in a teaching situation.