

## ADVANCED OPEN BOAT PROGRAM

	<b>Advanced Tandem Moving Water (3)</b>	<b>Advanced Solo Moving Water (4)</b>
<b>Prerequisite</b>	Basic Moving Water Tandem Paddler	Basic Solo Moving Water Paddler
<b>Theory</b>	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
<b>Strokes</b>	<b>In up to grade III water</b> Review all tandem strokes River 'J' Cross Bow Draw Stationary Draw and Pry Blending of Strokes High and Low Braces Pry Brace Cross Braces	<b>Solo in up to grade III water</b> 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

<b>Manoeuvres</b>	<p>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</p>	<p>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</p> <p><b>All moves to be done only when water conditions allow for safety</b></p>
<b>Rescue</b>	<p>Throwing a line  Swimming rapids (Grade 2+)  Canoe over Canoe  Rolling and Assisted Rolling  Self rescue and re-entry</p>	<p>Throwing a line  Swimming rapids (Grade 2+)  Canoe over Canoe  Rolling and Assisted Rolling</p>
<b>Rec. Reading</b>	<p><u>The Thrill of the Paddle</u> by Paul Mason and Mark Scriver</p> <p><u>River Rescue</u> by Slim Ray and Les Bechdel</p>	
<b>Evaluation</b>	<p>Paddlers must achieve a 60% competency level in all areas paddling in Grade 3 water.</p>	
<b>Course Conductor</b>	<p>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.</p>	
<b>Ratios</b>	Tandem: 5:1	Solo: 4:1
<b>Duration</b>	<p>Course Duration 5 Days</p>	

## **ADVANCED OPEN BOAT INSTRUCTOR**

Available only in RCABC Instructor's Manual.

