

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	Solo
	Paddle 30 metres in a straight line Basic turns & sideslip	Paddle 30 metres in a straight line Basic turns & sideslip

ADVANCED LAKEWATER PADDLER LEVELS

	Advanced Tandem Paddler (3)	Advanced Solo Paddler (4)
Prerequisite	Basic Solo Paddler (2)	Basic Solo Paddler (2)
Theory	Canoe Repairs Knots and ropes Equipment variations and standards Water hazards, wind and waves	Solo paddling in wind & waves Solo paddling positions & trim History of canoeing Extra flotation
Skills	Tandem Slide slip & Running side slip Tight inside & outside circles -with & without momentum	Solo Slide slip & Running side slip Tight inside & outside circles -with & without momentum
Strokes	Tandem Braces Marathon Stroke Diagonal Draws (forward & reverse) Reverse "J" Stationary Draw & Pry Review and Practice Basic Strokes Variation & blending of strokes Sculling Draw & Pry	Solo Compound Back Stroke Indian, Pitch & Canadian Strokes Box Stroke "O" Stroke Cross bow draw Weight Turns One Handed pry (bow jam) Braces Review & practice Basic Solo Strokes Variation & blending of strokes
Rescue	Tandem self rescue	Solo self rescue
Rec. Reading	<u>Path of the Paddle</u> by Bill Mason	<u>Song of the Paddle</u> by Bill Mason
Evaluation	Complete the tandem circuit	Complete the solo circuit

LAKEWATER INSTRUCTOR

Available only in RCABC Instructor's Manual.