

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

Rec. 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

MOVING WATER INSTRUCTOR

Available only in RCABC Instructor's Manual.