

## OCEAN CANOEING PADDLER LEVELS

### Ocean Canoeing (3)

*Paddling on protected coastal waters under a variety of conditions*

### Ocean Canoeing (4)

*Advanced paddling on moving tidal waters.*

Prerequisite	Basic Lakewater (2)	Ocean Canoeing (3)
<b>Theory</b>	<p>M.O.T. harbour &amp; small vessel regulations &amp; signals</p> <p>Commercial &amp; recreational traffic (procedures &amp; courtesies)</p> <p>General safety (procedures &amp; equipment)</p> <p>Basic navigation:                      Reading charts                      Plotting courses on a chart                      Reading Tide &amp; Current Tables                      Using a compass to establish a course</p> <p>Weather tips &amp; information sources</p> <p>Wave theory &amp; action</p> <p>Trip planning &amp; leadership</p> <p>Fresh water sources</p> <p>Understanding the hazards of open ocean canoeing, night canoeing and canoeing in fog</p>	<p>Review Coast Guard regulations &amp; inshore boating ethics</p> <p>Review of basic navigation:                      Taking bearings                      Fixing                      Course Made Good with current and wind                      Using Tide &amp; Current Tables to predict tidal heights &amp; currents at specific times</p> <p>Practical weather forecasting</p> <p>Tidal hydraulics</p> <p>Effects of winds &amp; waves</p> <p>Survival theory</p> <p>Leadership &amp; Communications</p> <p>Environmental awareness:                      ethics                      identification of inter tidal plants &amp; creatures of the area                      (discussion of reference books only)</p>
<b>Skills</b>	<p>Loading &amp; trimming a canoe</p> <p>Handling a canoe in wind, waves and currents</p> <p>Embarking &amp; disembarking in surf on both sandy and rocky shores</p> <p>Knots - reef, bowline, clove-hitch, sheetbend, figure 8 or stopper</p>	<p>Upgrading of level 3 skills of handling a canoe in wind, waves &amp; currents, and embarking &amp; disembarking in surf on both sandy and rocky shores</p> <p>Tandem &amp; solo techniques, including eddy turns, peel offs &amp; ferries</p>
<b>Rescue</b>	<p>Search &amp; Rescue information</p>	<p>Rescue Techniques &amp; innovations (rafting, sailing etc.)</p>

<p><b>Rec. Reading</b></p>	<p><u>Boating in Canada: Practical Piloting &amp; Seamanship</u> by Garth Griffiths</p> <p><u>Weather: A Golden Nature Guide</u> published by Golden Press</p> <p><u>Sea Canoeing</u> by Derek Hutchinson</p>	<p><u>Living Shores of the Pacific Northwest</u> by Lynwood S. Smith</p> <p><u>A Field Guide to Western Birds</u> by R.T. Peterson</p> <p><u>B.C. Marine Fish and Shellfish Regulations</u></p> <p><u>Waves and Beaches</u> by Willard Bascom</p>
<p><b>Evaluation</b></p>	<p>Suggested times: Theory &amp; Examination - 12 hours Practical - one full day paddling (overnight trip preferred)</p>	<p>Suggested times: Theory &amp; Examination - 12 hours Practical - one overnight trip</p>

## **OCEAN CANOEING INSTRUCTOR**

Available only in RCABC Instructor's Manual.