

CANOE POLING PADDLER LEVELS

	Lakewater Poling (3)	Moving Water Poling (4)
Prerequisites	Basic Solo Paddler (Level 2)	Lakewater Poling (3) Solo Moving Water Paddler (4) or equivalent
Theory	Poling history Types of canoes & poles Advantages of poling	Clothing & footwear Equipment displacement Safety & hazards associated with moving water & wilderness situations. Leadership responsibility Flotation
Skills	Balance with & without a pole - walk from one end of canoe to other Walk backwards with pole Standing jump forward Leaning pole balance	Reading moving water with an emphasis on hydraulics Tracking Lining Wading
Strokes	Kayak Stroke - standing & sitting Hand-over Hand-over switch Draw Pry (bow, mid, & Stern) Windmill Quick Jab Push stroke (side & back) Snubbing (bow & stern)	<i>- to be practised in back eddies & differentials, both upstream & downstream</i> Surfacing poling (*not upstream) Hand over stroke Windmill stroke Hand over switch Quick Jab Draw Snubbing

Manoeuvres	Forward & backward sweep turns Surface drag turns - left & right Draw turns Push turns Stern pry turns (45°) Bow pry turns (45°, 90°, 180°) Straight course (pole or drag)	Downstream Bow pry turns (cross over, modified) Drag down to stop Eddy turns (enter & exit) Ferries (forward & back) - <i>practised in back eddies & differentials.</i> Right & left turns Drag turns Draw turns Push turns Stern pry turns Holding Upstream Shift (left & right) Poling a minimum of 100 meters in gr.2 water (standing) Forward ferry - <i>practised in back eddies & differentials.</i> Holding Right & left turns
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CANOE POLING INSTRUCTOR

Available only in RCABC Instructor's Manual.