

CANOE TRIPPING LEVELS

	Canoe Tripping Paddler	Canoe Tripping Leader
Prerequisites	<p>Basic Tandem Paddler</p> <p>Basic Solo Paddler</p>	<p>Standard First Aid (minimum 16 hours)</p> <p>Advanced Tandem Paddler</p> <p>Tandem Moving Water if leading on moving water.</p> <p>Basic Ocean Canoeing if on Ocean.</p> <p>Trip Log: experience must include at least 3 2 day trips.</p>
Theory	<p>Safety issues. (include. hypothermia and first aid training needs.</p> <p>Environmental ethics and practices</p> <p>Leadership responsibilities: pre trip and daily group planning.</p> <p>Basic map reading.</p> <p>Tripping kit- personal and group equipment.</p> <p>Weather interpretation.</p> <p>Basic menu and food planning.</p> <p>Repair kits.</p>	<p>Safety considerations.</p> <p>Environmental ethic and supporting practices.</p> <p>Leadership responsibilities: pre-trip and daily group planning.</p> <p>Basic map reading.</p> <p>Tripping kit- personal and group equipment.</p> <p>Weather interpretation.</p> <p>Basic menu and food planning.</p> <p>Repair kits.</p> <p>Survival skills (pre-trip plan, shelters, signalling)</p>
Skills	<p>Loading canoes.</p> <p>Portaging gear and canoes.</p> <p>Tents, shelters: site selection, types.</p> <p>Fire building, site selection, and management</p> <p>Portable stoves.</p> <p>Trip packing.</p> <p>Rescuing loaded canoes.</p>	<p>Loading canoes.</p> <p>Portaging gear and canoes.</p> <p>Tents, shelters: site selection, types.</p> <p>Fire: site selection, building, management.</p> <p>Portable stoves.</p> <p>Trip packing.</p> <p>Rescuing loaded canoes.</p>
Note	To be taught over 2 days with one overnight minimum.	To be taught over 3 days with 2 overnights minimum.

	To be taught on Lakewater only.	
Rec. Reading	<u>Song of the Paddle</u> , by Bill Mason	<u>Song of the Paddle</u> by Bill Mason <u>Be Expert with Map and Compass</u> , by Bjorn Kjellstorum <u>Leave No Trace</u> ,
Course Conductor	Canoe Tripping Instructor	Tripping Instructor, plus: Ocean Instructor if on ocean Moving Water Instructor if on a river.

CANOE TRIPPING INSTRUCTOR

Available only in RCABC Instructor's Manual.