

## BASIC LAKEWATER PADDLER LEVELS

	<b>Basic Tandem Paddler (1)</b>	<b>Basic Solo Paddler (2)</b>
<b>Prerequisite</b>	None	Basic Tandem Paddler (RCABC)
<b>Theory</b>	Canoe Parts and Terminology Paddle-Types, Parts, Materials & Size PFDs Types, Fitting and Approvals Safety Procedures & Equipment Canoe Clothing (re: Hypothermia) Waterproofing and Storing Gear	Environmental Ethics Access Concerns
<b>Practical On Land Skills</b>	<b>Tandem</b> Multiple Carries (2 & 4 person) Transporting Canoes on a Vehicle Launch, Embark/Disembark (Shore or Dock)	<b>Solo</b> Solo Carries
<b>Practical On Water Skills</b>	Paddling Positions & Trim Change Ends in Deep Water Lake & Ocean Paddling Skills/Precautions	Launch, Embark/Disembark (Shore or Dock) Leaning the Canoe Solo Positions, Stance & Trim
<b>Strokes</b>	<b>Tandem (Bow &amp; Stern)</b> Forward & Reverse Draw (Underwater Recovery) Pry / Push Away Sweeps (Forward & Reverse, Bow & Stern) "J" Stroke Stopping	<b>Solo</b> Forward Forward & Reverse "J" Reverse Sweeps (Forward/Reverse) Draw (Underwater Recovery) Pry (Push Away) Forward/Reverse "C" Stopping
<b>Rescue</b>	Canoe Over Canoe Rescue Rafting Up to Rescue Swimmers	Solo Canoe Over Canoe Re-Enter Swamped, Empty Canoe Paddle Swamped Canoe Solo
<b>Recommended Reading</b>	<b>Path of the Paddle By Bill Mason</b> <b>Basic Canoeing</b> by Jon Rounds, Stackpole Books, 2003	<b>Path of the Paddle</b> By Bill Mason <b>Classic Solo Canoeing</b> by Becky Mason
<b>Required Manoeuvres</b>	<b>Tandem</b> Paddle 30 Metres in a Straight Line Basic Turns & Sideslip	<b>Solo</b> Paddle 30 Metres in a Straight Line Basic Turns & Sideslip