

**Advanced Tandem Moving Water (3)**

**Advanced Solo Moving Water (4)**

Prerequisite	Basic Moving Water Tandem Paddler	Basic Solo Moving Water Paddler
<b>Theory</b>	Canoe construction, design, materials Canoe outfitting, trim, paddling positions Safety Procedures, signals Flotation Requirements Personal Paddling Gear River hydraulics and hazards River Reading River grading systems Map interpretations Environmental and Ethical considerations Where to play	Canoe construction, design, materials Canoe outfitting trim and paddling positions Safety procedures and signals Extra flotation Group travel on River River hydraulics and hazards River reading River grading systems Map interpretations Environmental and ethical concerns Where to play
<b>Strokes</b>	<b>In up to grade III water</b> Review all tandem strokes River ‘J’ Cross Bow Draw Stationary Draw and Pry Blending of Strokes High and Low Braces Pry Brace Cross Braces	<b>Solo in up to grade III water</b> Review all solo strokes River ‘J’ Cross Bow Draw Cross Bow Stern Pry Stationary Draw and Pry Blending of Strokes High and Low Braces Pry Brace Cross Braces Off-side Draws Off-side Pries Off-side Braces Off-side Forward

**Advanced Tandem Moving Water (3),  
cont'd**

**Advanced Solo Moving Water (4), cont'd**

<b>Manoeuvres</b>	Forward and Back Ferries Eddy turns and Peel Offs Side slip and Running Side Slip Surfing – Front, Side and Back Carving Spins Enders Window shades	Forward and Back Ferries Eddy turns and Peel Offs Side slip and Running Side Slip Surfing – Front, Side and Back Carving Other rodeo moves as suitable Spins 180's and 360's Enders Pirouettes Window shades Wingovers Cartwheels <b>All moves to be done only when water conditions allow for safety</b>
<b>Rescue</b>	Throwing a line Swimming rapids (Grade 2+) Canoe over Canoe Rolling and Assisted Rolling Self rescue and re-entry	Throwing a line Swimming rapids (Grade 2+) Canoe over Canoe Rolling and Assisted Rolling
<b>Recommended Reading</b>	<u>The Thrill of the Paddle</u> by Paul Mason and Mark Sriver <u>River Rescue</u> by Slim Ray and Les Bechdel	<u>Drill Time</u> - DVD and Booklet by Kent Ford <u>The Thrill of the Paddle</u> by Paul Mason and Mark Sriver
<b>Evaluation</b>	Paddlers must achieve a 60% competency level in all areas paddling in Grade 3 water.	
<b>Course Conductor</b>	Advanced Paddler Courses must be taught by a Master and/or Moving Water Instructors with an Advanced Open Boat endorsement that has been recommended by the instructor coordinator and approved by the executive.	
<b>Duration</b>	Course Duration 5 Days	

**MOVING WATER INSTRUCTOR**

Available only in RCABC Instructor's Manual.