



One may proceed through the skill levels and not participate in the instructor levels

Basic Canoeing Level

The Basic Level is designed to introduce the novice or relatively inexperienced canoeist to paddling. The emphasis is on mastering the fundamentals of canoeing along with a strong grounding in water safety and safe canoeing practices.

Overview Of Basic Canoeing

Prerequisites

There are no canoeing prerequisites for the Basic Level.

Minimum Course Length

Basic (1, 2, 3 and 4 combined into one course) – 24 hours

Basic 1 – 5 hours, Basic 2 or 3 (each course, done individually) – 4 hours

Basic Tandem (1, 2 and 3 combined into one course) – 12 hours

Basic Solo (4) – 12 hours

Safety

- Swimming and treading water
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Re-entering a canoe

Theory

- Selection of equipment
- Equipment knowledge
- Equipment care
- Government regulations
- Safe canoeing procedures
- Outdoor precautions
- Environmental awareness
- Windy weather precautions
- Canoeing history
- Day trip packing

Skills (tandem)

- Launching and removing a canoe
- Entering and exiting a canoe
- Paddling positions and trimming
- Balancing
- Changing positions
- Landing
- Pivots
- Sideward displacement
- Forward straight line
- Inside and outside turns
- Inside and outside circles
- Stopping
- Inside and outside landings
- Reverse straight line
- Lifts and carries
- Transporting a canoe on vehicle
- Canoe tour

Skills (solo)

All of the above items, except:
Balancing, changing positions,
transporting a canoe on vehicle and canoe tour