



*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