



|  |  |
|--|--|
| <b>Canadian Style Paddling Level 1 (tandem)</b>  |  |
| <p>This level is an introduction into Canadian Style paddling or what has also been identified as canoe dance. Upon successful completion of this course canoeist will have acquired sufficient skills to consistently conduct with precision standard style paddling manoeuvres in a tandem canoe.</p>  |  |
| <b>Overview Of Canadian Style Paddling Level 1 (tandem)</b>  |  |
| <b>Prerequisites</b>   |  |
| <p>ORCKA Basic Canoeing Level 4, equivalent certification or comparable skills and experience (with the permission of the course Director).</p>  |  |
| <b>Minimum Course Length</b>   |  |
| 12 hours   |  |
| <p style="text-align: center;"><b>Safety</b></p> <ul style="list-style-type: none"> <li style="text-align: center;">Swimming</li> <li style="text-align: center;">Retrieving a swamped canoe</li> <li style="text-align: center;">Canoe over canoe rescue</li> <li style="text-align: center;">Self rescue</li> <li style="text-align: center;">Line toss and rescue</li> </ul> <p style="text-align: center;"><b>Theory</b></p> <ul style="list-style-type: none"> <li style="text-align: center;">Canoeing heritage</li> <li style="text-align: center;">Canoe design and construction</li> <li style="text-align: center;">Canoeing dynamics</li> <li style="text-align: center;">Canoeing first aid</li> <li style="text-align: center;">Canoeing resources</li> </ul> | <p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li style="text-align: center;">Pivots</li> <li style="text-align: center;">Sideward displacement</li> <li style="text-align: center;">Circles</li> <li style="text-align: center;">Reverse and forward straight lines</li> <li style="text-align: center;">Landings</li> <li style="text-align: center;">Triangle course in wind</li> <li style="text-align: center;">Slalom course</li> <li style="text-align: center;">Portaging</li> </ul> |