



FLATWATER INSTRUCTOR	
The purpose of the Flatwater Instructor course is to provide a provincial and national certification of competence in the instruction and administration of Flatwater Level courses.	
Overview Of Flatwater Instructor	
Prerequisites At least 16 years of age at the time of the Flatwater Instructor Course. ORCKA Flatwater Level, ORCKA Flatwater Tandem and Solo or ORCKA Flatwater A, B, C, and D; equivalent certification; or comparable skills and experience (with the permission of the Course Director). It is strongly recommended that all Flatwater Instructors have, in addition to their canoeing qualifications, some qualifications in Swimming, First Aid and CPR.	
Minimum Course Length 48 hours	
Safety Safety Review Swimming and treading water Artificial respiration Retrieving a swamped canoe Canoe over canoe rescue Reaching assist and throw line Theory Theory review Canoeing heritage Selection and care of equipment Equipment knowledge Canoe design and construction Canoeing dynamics Canoeing first aid Canoeing resources	Canoeing Skills (tandem and solo) Skills review Pivots Sideward displacement Circles Reverse and forward straight lines Landings Triangular course in windy weather Teaching Skills Preparation for teaching Presentation skills and techniques Evaluation