



<p><i>One may proceed through the skill levels and not participate in the instructor levels.</i></p> <p>FLATWATER LEVEL</p>	
<p>The Flatwater 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.</p>	
<p>Overview Of Flatwater Level</p>	
<p>Prerequisites There are no canoeing prerequisites for Flatwater Level.</p>	
<p>Minimum Course Length Flatwater (A, B, C and D combined into one course) - 16 hours Flatwater A, Flatwater B or Flatwater C (each course, done individually) - 4 hours Flatwater Tandem (A, B and C combined into one course) - 10 hours Flatwater Solo (D) - 6 hours</p>	
<p>Safety Swimming and treading water Retrieving a swamped canoe Canoe over canoe rescue Re-entering canoe</p> <p>Theory Selection of equipment Equipment knowledge Equipment care Government regulations Safe canoeing procedures Outdoor precautions Environmental awareness Windy weather precautions Canoeing history</p>	<p>Skills (tandem) Launching and removing canoe Entering and exiting canoe Paddling positions and trimming Balancing Changing positions 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 canoe on vehicle Canoe tour</p> <p>Skills (solo) All of the above items, except: balancing, changing positions, pivots, transporting canoe on vehicle and canoe tour</p>