



<b>LAKEWATER LEVEL 1</b>	
Lakewater Level 1 is designed to perfect tandem paddling skills and continue the development of solo paddling skills.	
<b>Overview Of Level 1</b>	
<b>Prerequisites</b> ORCKA Flatwater Level, equivalent certification or comparable skills and experience (with the permission of the Course Director).	
<b>Minimum Course Length</b> Lakewater 1 (Tandem and Solo) - 16 hours Lakewater 1A (Tandem) - 9 hours Lakewater 1B (Solo) - 9 hours	
<b>Safety</b> Swimming and treading water Retrieving a swamped canoe Canoe over canoe rescue Self rescue Line toss and rescue <b>Theory</b> Canoeing heritage Canoe design and construction Canoeing dynamics Canoeing first aid Canoeing resources	<b>Skills (tandem)</b> Pivots Sideward displacement Circles Reverse and forward straight lines Landings Triangular course in wind Slalom course Portaging <b>Skills (solo)</b> All of the above items, except triangular course in wind and slalom course