



<b>LAKEWATER LEVEL 2</b>	
Lakewater Level 2 represents the highest paddling skill level within the Lakewater discipline. The emphasis is on solo paddling with a high degree of precision and control. Candidates should enter this level with a fair degree of canoeing skill and some solo paddling experience.	
<b>Overview Of Level 2</b>	
<b>Prerequisites</b> ORCKA Lakewater Level 1, equivalent certification or comparable skills and experience (with the permission of the Course Director).	
<b>Minimum Course Length</b> Lakewater Level 2 - 24 hours	
<b>Safety</b> Review of previous safety items Swimming and treading water Artificial respiration using a canoe Canoe over canoe rescue Self rescue Reaching assist and throw line Triangular course in wind	<b>Skills (solo)</b> Review of previous skills items Pivots Circles Reverse and forward straight lines Sideward displacement Variations on core skills Advanced manoeuvres and routines Canoe dance Paddling in groups Slalom course Portaging
<b>Theory</b> Review of previous theory items Canoeing history Canoe design and construction Canoe repair and maintenance	