



<b>MOVING WATER LEVEL 1</b>	
Moving Water Level 1 provides an introduction to whitewater paddling for those with little or no experience in whitewater. Emphasis is on tandem and solo canoeing skills, understanding whitewater principles, and safety.	
<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> Moving Water 1 (Tandem and Solo) - 24 hours Moving Water 1A (Tandem) - 12 hours Moving Water 1B (Solo) - 12 hours	
<b>Safety</b> Swimming a rapid Retrieving a swamped canoe Canoe over canoe rescue Self rescue Line toss and rescue Communications <b>Theory</b> Canoeing heritage Canoe design and construction Canoe outfitting Moving water principles River reading Trip planning Canoeing first aid Canoeing resources	<b>Skills (tandem and solo in class I-II water)</b> Entering and exiting canoe Landing Eddy out Peel out S turn Front ferry Back ferry Side slip Front surf Side surf (solo only) Portaging Lining, tracking and wading