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| Moving Water Level 3 | |
| <p>Moving Water Level 3 represents the highest level of skill development within the Moving Water discipline and provides the candidate with the opportunity to improve his/her moving water skills under more challenging Class III water (rapids). Moving Water Level 3 is designed to improve the paddler's efficient combined use of the current, stroke dynamics and boat design. Candidates taking this course should have considerable paddling experience beyond the Moving Water Level 2 Course. Moving Water Level 3 is also designed to prepare the candidate for the Moving Water Instructors 2 Course.</p> | |
| Overview Of Moving Water Level 3 | |
| Prerequisites | |
| <p>ORCKA Moving Water Level 2 (tandem and solo) or River Running Level 2 (tandem and solo), equivalent certification or comparable skills and (with the permission of the course Director).</p> | |
| Minimum Course Length | |
| <p>Moving Water Level 3 – 48 hours (tandem and solo) Moving Water Level 3A – 24 hours (tandem) Moving Water Level 3B - 24 hours (solo)</p> | |
| <p style="text-align: center;">Safety</p> <ul style="list-style-type: none"> Swimming a rapid Canoe rescues River rescue Safety equipment Communications <p style="text-align: center;">Theory</p> <ul style="list-style-type: none"> Canoeing history Canoe design and construction Paddler dynamics Day river tripping River first aid River reading River difficulty | <p style="text-align: center;">Skills</p> <ul style="list-style-type: none"> Review of previous skill items Eddy Turn Peel Out S turn Front ferry Back ferry Jet ferry Side slip Front surf Side surf Portaging Rolling Advanced manoeuvres |