



<b>River Running Level 1</b>	
River Running 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 River Running Level 1</b>	
<b>Prerequisites</b>	
ORCKA Basic Canoeing Level 4, equivalent certification or comparable skills and (with the permission of the course Director).	
<b>Minimum Course Length</b>	
River Running Level 1 – 32 hours (tandem and solo) River Running Level 1A – 16 hours (tandem) River Running Level 1B - 16 hours (solo)	
<p style="text-align: center;"><b>Safety</b></p> <ul style="list-style-type: none"> <li>Swimming a rapid</li> <li>Retrieving a swamped canoe</li> <li>Canoe over canoe rescue</li> <li>River rescue</li> <li>Communications</li> </ul> <p style="text-align: center;"><b>Theory</b></p> <ul style="list-style-type: none"> <li>Canoeing heritage</li> <li>Canoe design and construction</li> <li>Canoe outfitting</li> <li>Moving water principles</li> <li>River reading</li> <li>River first aid</li> <li>Day trip planning</li> <li>Canoeing resources</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>Entering and exiting a canoe</li> <li>Landing</li> <li>Eddy turn</li> <li>Peel out</li> <li>S turn</li> <li>Front ferry</li> <li>Back ferry</li> <li>Front surf</li> <li>Portaging</li> <li>Lining, tracking and wading</li> </ul>