



River Running Level 2	
<p>River Running Level 2 represents skill development within the River Running discipline and provides the candidate with the opportunity to improve his/her River Running skills under more challenging Class II/III water (rapids). Canoeists taking this Course should have considerable paddling experience beyond the River Running Level 1 Course.</p>	
Overview River Running Level 2	
Prerequisites	
<p>ORCKA River Running Level 1 (tandem and solo) or Moving water Level 1 (tandem and solo), Basic Canoeing Level 4, equivalent certification or comparable skills and (with the permission of the course Director).</p>	
Minimum Course Length	
<p>River Running Level 2 – 32 hours (tandem and solo) Moving Water Level 2A – 16 hours (tandem) Moving Water Level 2B - 16 hours (solo)</p>	
<p style="text-align: center;">Safety</p> <ul style="list-style-type: none"> Swimming a rapid Retrieving a swamped loaded canoe Canoe rescues Communication <p style="text-align: center;">Theory</p> <ul style="list-style-type: none"> Canoeing history Canoe design and construction Paddler dynamics River reading River difficulty Risk management Crisis management 	<p style="text-align: center;">Skills</p> <ul style="list-style-type: none"> Review of previous skills items Eddy turn Peel out S turn Front ferry Back ferry Jet ferry Side slip Front surf Lining, tracking and wading