



River Running Level 3	
<p>River Running Level 2 represents the highest level of 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 III water (rapids). River Running 3 is designed to improve the paddler's efficient use of the current, stroke dynamics and boat design. Candidates taking this Course should have considerable paddling experience beyond the River Running Level 2 Course. River Running Level 3 is also designed to prepare the candidate for the River Running Instructors 2 Course</p>	
Overview River Running Level 3	
Prerequisites	
<p>ORCKA River Running Level 2 or moving Water Level 2 (tandem and solo), equivalent certification or comparable skills and (with the permission of the course Director).</p>	
Minimum Course Length	
<p>River Running 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 Retrieving a swamped loaded canoe Canoe rescues River rescue Safety equipment Communications Canoe repair <p style="text-align: center;">Theory</p> <ul style="list-style-type: none"> Canoeing history Canoe design and construction Paddler dynamics River first aid River reading River difficulty Rescue and Recovery Dangers 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