

ORCKA Safe Canoeing Program

SAFE CANOEING PROGRAM	
<p>The Safe Canoeing Program provides the first time paddler with basic safety and performance information relative to canoeing. By the end of the session it is expected that paddlers will have enough skill to safely enjoy some recreational paddling with a partner close to shore in calm conditions.</p>	
OVERVIEW	
Prerequisites There are no canoeing prerequisites for Safe Canoeing.	
Safety <ul style="list-style-type: none">• Canoe over canoe rescue Theory <ul style="list-style-type: none">• Equipment knowledge• Safe canoeing procedures• Government regulations	Skills <ul style="list-style-type: none">• Launching and removing canoe• Entering and exiting canoe• Paddling positions• Balancing• Pivots• Sideward displacement• Forward straight line• Stopping• Landing• Lifts and carries

- The Safe Canoeing Program is 3hrs in length.
- Participants need only watch a canoe over canoe rescue demonstration, they are not required to perform one.
- There is no in-water component to the Safe Canoeing Program