



CANADIAN STYLE PADDLING



ORCKA CANOEING PROGRAM

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Canadian Style Paddling Course Presentations

Canadian Style Paddling courses are designed primarily for those paddlers whose interest focus on achieving a high level of skills in paddling or those looking to become an instructor.

Canadian Style Paddling Level 1 – Introduction

Canadian Style Paddling Level 1 (Tandem & Solo): CSP 1 (Tandem & Solo) may be completed as one course with one card and badge awarded to successful candidates upon completion. The recommended minimum instruction and practice time required for this course is 24 hours (4 days). Though this course is an introduction into Canadian Style Paddling the object is for a canoeist to have acquired sufficient skills to consistently conduct, with precision the standard style paddling manoeuvres as described in the course outline. Extending beyond the minimum number of hours may be necessary to accomplish this end. The materials to be included in that Course are described on page CSP5 (overview) and on pages CSP7 to CSP12 (detailed criteria).

Canadian Style Paddling 1 may be completed as two separate courses with one card and badge awarded to successful candidates upon completion of each course. The recommended minimum instruction and practice time required for each of the two courses is 12 hours. The materials to be included in each of Canadian Style Paddling Level 1A (tandem) and Canadian Style Paddling Level 1B (solo) courses are described on page CSP5 (overviews) and on pages CSP7 to CSP12 (detailed criteria). If two separate certification courses are chosen, some of the safety items covered in Level 1A will be repeated in Level 1B since the canoeist is paddling solo. Presenting Canadian Style Paddling Level 1 as two individual courses may be beneficial to some groups. This method provides fewer theory items to be dealt with at any one time and more time to learn and practise skills.

Canadian Style Paddling Level 2 – Skill Development

Canadian Style Paddling Level 2 (Tandem & Solo): CSP 2 (Tandem & Solo) may be completed as one course with one card and badge awarded to successful candidates upon completion. The recommended minimum instruction and practice time required for this course is 24 hours (4 days). The course objective is for canoeist to have acquired sufficient skills to consistently conduct, with precision, the standard style paddling manoeuvres as described in the course outline. Extending beyond the minimum number of hours may be necessary to accomplish this end. The materials to be included in that Course are described on page CSP13 (overview) and on pages CSP15 to CSP19 (detailed criteria).

Canadian Style Paddling Level 2 may be completed as two separate courses with one card and badge awarded to successful candidates upon completion of each course. The recommended minimum instruction and practice time required for each of the two courses is 12 hours. The materials to be included in each of Canadian Style Paddling Level 2A (tandem) and Canadian Style Paddling Level 2B (solo) courses are described on page CSP13 (overviews) and on pages CSP15 to CSP19 (detailed criteria). If two separate certification courses are chosen, some of the safety items covered in Level 2A will be repeated in Level 2B since the canoeist is paddling solo. Presenting Canadian Style Paddling Level 2 in this manner may be beneficial to some groups. This method provides fewer theory items to be dealt with at any one time and more time to learn and practise skills.

Canadian Style Paddling Level 3 – Tandem and Solo Advanced Skills

Canadian Style Paddling Level 3 (CSP 3 Tandem & Solo) is presented as one course. Some tandem paddling will be conducted. The recommended minimum instruction and practice time required for this course is 24 hours (4 plus days). The course object is for a canoeist to have acquired sufficient skills to consistently conduct with precision the standard and advanced style paddling manoeuvres as described in the course outline. Extending beyond the minimum number of hours may be necessary to accomplish this end. The Course may be divided into segments or presented as an intensive 4+

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days Course--. The materials to be included in that Course are described on page CSP21 (overview) and on pages CSP22 to CSP32 (detailed criteria).

Canadian Style Paddling Instructor 1

Canadian Style Paddling Instructor 1 is an Instructor Level course and is presented by the Ontario Recreational Canoeing and Kayaking Association (ORCKA) and/or by Organisational Members, with the approval of the ORCKA Board of Directors. Organisational Members wishing to do so must apply to ORCKA by contacting the ORCKA office for details of the application process and requirements. The materials to be included in a Canadian Style Paddling Instructor 1 Course are described on pages CSP33 to CSP36.

The Canadian Style Paddling Instructor 1 course requires a minimum of 16 hours (2 days) of instruction and practice time for existing Instructors in another ORCKA discipline. If the candidate is not already an ORCKA instructor in another discipline the required course minimum would be 32 hours (4 days). The object of this course is to certify paddlers to be instructors and that may require more than the stated minimum required hours.

The Canadian Style Paddling Instructor 1 Course must be directed by a current Canadian Style Paddling Instructor 2. There must be a minimum of two Canadian Style Paddling Instructor 2's of which the Course Director may be one.

Canadian Style Paddling Instructor 2

Canadian Style Paddling Instructor 2 is an Instructor Level course and is presented by the Ontario Recreational Canoeing and Kayaking Association (ORCKA) and/or by Organisational Members, with the approval of the ORCKA Board of Directors. Organisational Members wishing to do so must apply to ORCKA by contacting the ORCKA office for details of the application process and requirements. The materials to be included in a Canadian Style Paddling Instructor Course are described on pages CSP37 to CSP40.

The Canadian Style Paddling Instructor 2 course requires a minimum of 48 hours (5 days) of instruction and practice time. The object of this course is to certify expert paddlers to be instructors and that may require more than the stated minimum required hours.

The Canadian Style Paddling Instructor 2 Course must be directed by a current Canadian Style Paddling Instructor 2 Course Director. There must be a minimum of two instructors of which the Course Director may be one.

Safe Canoeing Program

The Safe Canoeing Program is a 3 hour program of instruction designed to provide first time paddlers 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. It may be offered by any Organisational Member and Instructors working for an Organisational Member. The materials to be included in this course are described at pages BC47 to BC49.

**CANADIAN STYLE PADDLING LEVEL 1
(TANDEM & SOLO)**

This level is an introduction into Canadian Style Paddling or what has also been identified as canoe dance. Upon successful completion of this course canoeist will have acquired sufficient skills to consistently conduct with precision standard style paddling manoeuvres in a tandem and/or solo canoe.

OVERVIEW

Prerequisites

ORCKA Basic Canoeing Level, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Self rescue
- Line toss and rescue

Theory

- Canoeing heritage
- Canoe design and construction
- Canoeing dynamics
- Canoeing first aid
- Canoeing resources

Skills

- Pivots
- Sideward displacement
- Circles
- Reverse and forward straight lines
- Landings
- Triangular course in wind
- Slalom course
- Canoe dance
- Portaging

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CANADIAN STYLE PADDLING LEVEL 1A (TANDEM)

Prerequisites

ORCKA Basic Canoeing Level 3, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Self rescue
- Line toss and rescue

Theory

- Canoeing heritage
- Canoe design and construction
- Canoeing dynamics
- Canoeing first aid
- Canoeing resources

Skills

- Pivots
- Sideward displacement
- Circles
- Reverse and forward straight lines
- Landings
- Triangular course in wind
- Slalom course
- Canoe Dance
- Portaging

CANADIAN STYLE PADDLING LEVEL 1B (SOLO)

Prerequisites

ORCKA Basic Canoeing Level 4, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Self rescue
- Line toss and rescue

Theory

- Canoeing heritage
- Canoe design and construction
- Canoeing dynamics
- Canoeing first aid
- Canoeing resources

Skills

- Pivots
- Sideward displacement
- Circles
- Reverse and forward straight lines
- Landings
- Triangular course in wind
- Slalom course
- Canoe dance
- Portaging

SAFETY

General

PFD's will be worn by all participants throughout all safety exercises and manoeuvres.

The descriptions of the items which follow, apply to both tandem and solo:

Swimming

The candidate must be able to swim in deep water while wearing an approved PFD.

Retrieving a Swamped Canoe

The canoeist(s) will swamp or tip their canoe at a distance of 25 to 50 metres from shore. The canoeist(s) will then bring their canoe to shore by either swimming and towing/pushing or climbing in and paddling.

Canoe Over Canoe Rescue

The canoeist(s) in the rescue canoe will approach a swamped or overturned canoe, with two conscious victims in the water, and complete a canoe over canoe rescue (the rescue includes getting the victims back into their canoe). The rescue should be performed with moderate ease and efficiency. The entire procedure should be completed within two minutes. Emphasis must be placed on the safety of all individuals involved in the rescue.

Self Rescue

The canoeist(s) will swamp or tip their canoe at a distance of 25 to 50 metres from shore. The canoe should be emptied or partially emptied of water so that the canoeists can re-enter the canoe and paddle it to shore.

Line Toss and Rescue

Using a victim (target) floating 10 to 15 metres from shore/dock, the rescuer will throw a safety line from the shore/dock to the victim and bring the victim safely onto the shore/dock. The rescuer should be successful in "hitting" the victim (target) with the line in at least 2 of 3 attempts

SKILLS

CORE SKILLS

The following 4 core skills comprise the manoeuvres that a canoeist will master in order to be in control of his/her canoe. By combining the forces used in these skills, the canoe can be moved in almost any manner on the water.

The descriptions of the manoeuvres which follow, apply to both tandem and solo:

Canoeists must complete each of the items described below both bow and stern tandem and solo. The canoeists may not switch paddling sides during any test item.

Refer to "EVALUATION" in the Appendices section for a further explanation of the performance criteria.

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Pivots

The canoeists will pivot the canoe 360° in one direction, stop smoothly, pivot the canoe 360° in the other direction, and stop smoothly. See figure on pages CSP11.

- Corridor: the pivot point of the canoe must stay within a circle of 1.5 metres diameter
- Roll: imperceptible
- Strokes: splashless
- Speed: the same in both directions

Sideward Displacement

The canoeists will paddle the canoe sideward in a straight line a minimum of 10 metres, stop smoothly, paddle sideward the other way in a straight line back to the starting point, and stop smoothly. See figure on pages CSP12.

- Corridor: one metre
- Yaw: <10°
- Roll: imperceptible during paddling, minimal during stopping
- Strokes: splashless
- Speed: the same in both directions, constant moderate speed
- Other: the canoe must be pointed 90° from the line of travel

Circles

The canoeists will paddle the canoe around a figure of eight course. The figure of eight will consist of two equal-sized circles (5 metre radius) with their centres about 10 metres apart. Canoeists will enter and exit the circle in a straight line at a point equal distance between the two markers, which indicate the centre of the two circles. See figure on pages CSP11.

- Corridor: 1.5 metres
- Yaw: <10°
- Roll: imperceptible
- Strokes: splashless
- Speed: constant moderate speed

Reverse and Forward Straight Lines

The canoeists will paddle the canoe backward in a straight line a minimum of 25 metres, stop smoothly, paddle forward in a straight line back to the starting point, and stop smoothly. See figure on pages CSP12.

- Corridor: 1.5 metre
- Yaw: <20° during paddling and <30° during stopping
- Roll: imperceptible during paddling, minimal during stopping
- Strokes: splashless
- Speed: the same in both directions, constant moderate speed

OTHER SKILLS

The performance criteria are contained within each description.

Canoeists may not switch paddling sides during any test item.

Landings

The canoe will approach the dock (or rope barrier) from an angle between 50 to 75 degrees. As the canoe nears the dock, the canoe will be turned so that it is parallel with the dock. Once parallel with the dock, the canoe must be stopped. At this point, the canoe must be within 1 metres of the dock or barrier; no sideward movement of the canoe is permitted to accomplish this. The centre of the canoe should be within a 1.5 metre designated area on the dock or barrier. Tandem canoeists must perform an inside landing from the bow or stern paddling position and an outside landing from the other paddling position. See figure on page CSP12.

Triangular Course in Wind

In moderately windy conditions, the canoeists will paddle a triangular course approximately 300 metres in length. The canoe should remain within a 5 metre corridor between points of the triangle. The course length should be 300 metres with each leg 100 metres.

Slalom Course

The canoeists will work together to complete a slalom course that demonstrates a command of as many of the core skills as possible. See “SLALOM COURSES” in the Appendices for a selection of courses. The course must be paddled under a set time to be determined by the Course Director. The canoeists may not switch paddling sides once started into the course.

Canoe Dance

The canoeist(s) must work with a group of paddlers to plan and perform a complex routine of about four minutes duration that demonstrates rhythm, grace and a mastery of the four core skills. Ideas for such routines can be drawn from dance, dressage or other sources or the routines may be original creations. In the event that only one boat is being tested the canoeist will do the routine alone.

Portaging

The candidates will portage their canoe tandem a distance of at least 100 metres.

THEORY

Canoeing Heritage

The candidate will demonstrate an introductory knowledge of both the diverse roles of the canoe in the Canadian heritage and also the evolution of recreational canoeing.

Canoe Design and Construction

The candidate should know the advantages and disadvantages of various canoe designs that may be used in a Basic Canoeing and Canadian Style Paddling context. He/she should be familiar with different construction methods and materials used in the manufacture of canoes specific to Canadian Style Paddling.

Canoeing Dynamics

The candidate must demonstrate an understanding of canoeing mechanics. The canoeist should be familiar with the following concepts and be able to apply them to a canoeing situation: centre of gravity, Newton's Laws of Motion, pivot point, and combinations of forces.

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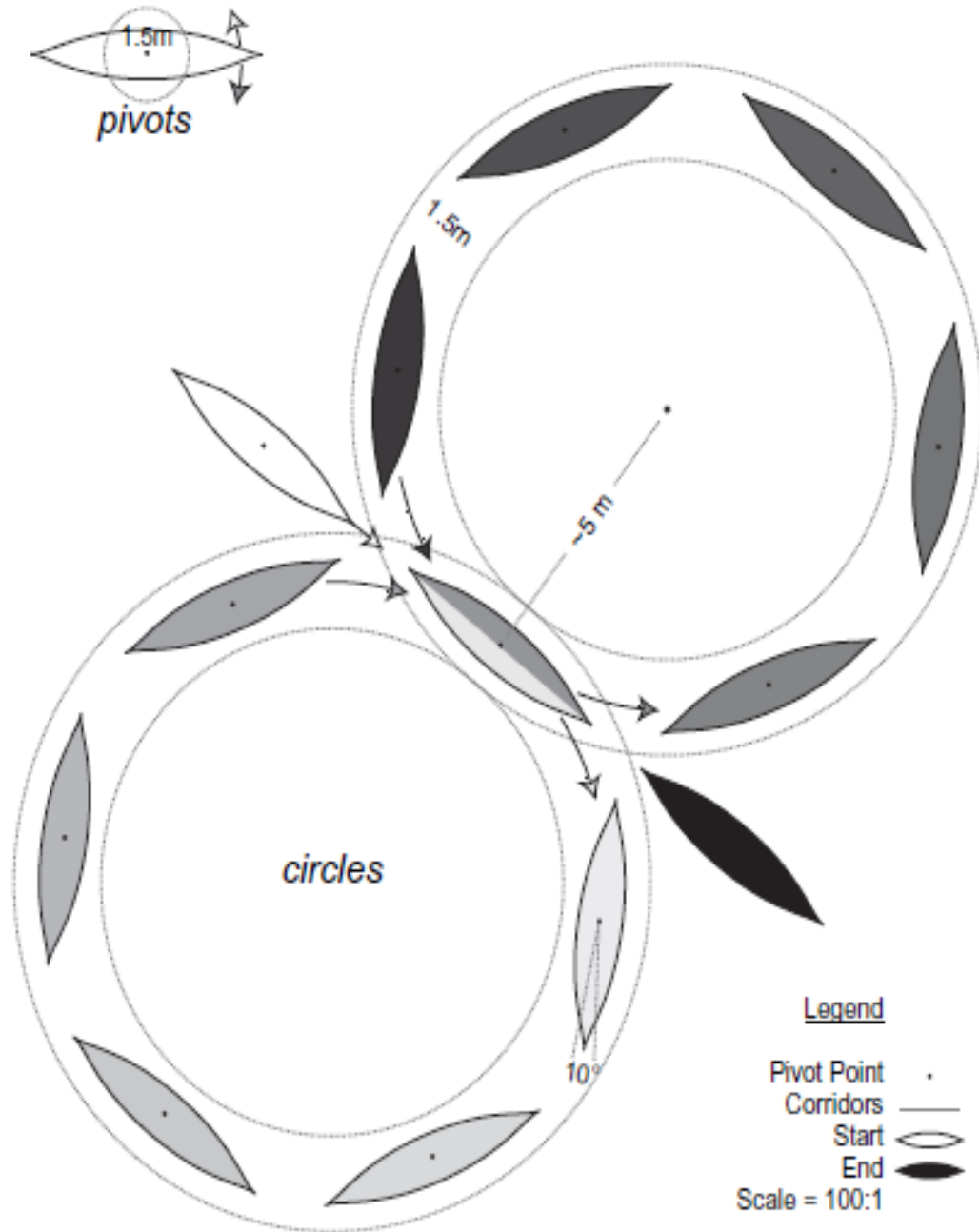
Canoeing First Aid

The candidate will show proper knowledge and understanding of the basics for hypothermia, hyperthermia, heat related illness's i.e. heat stroke, sunstroke, sunburn and dehydration

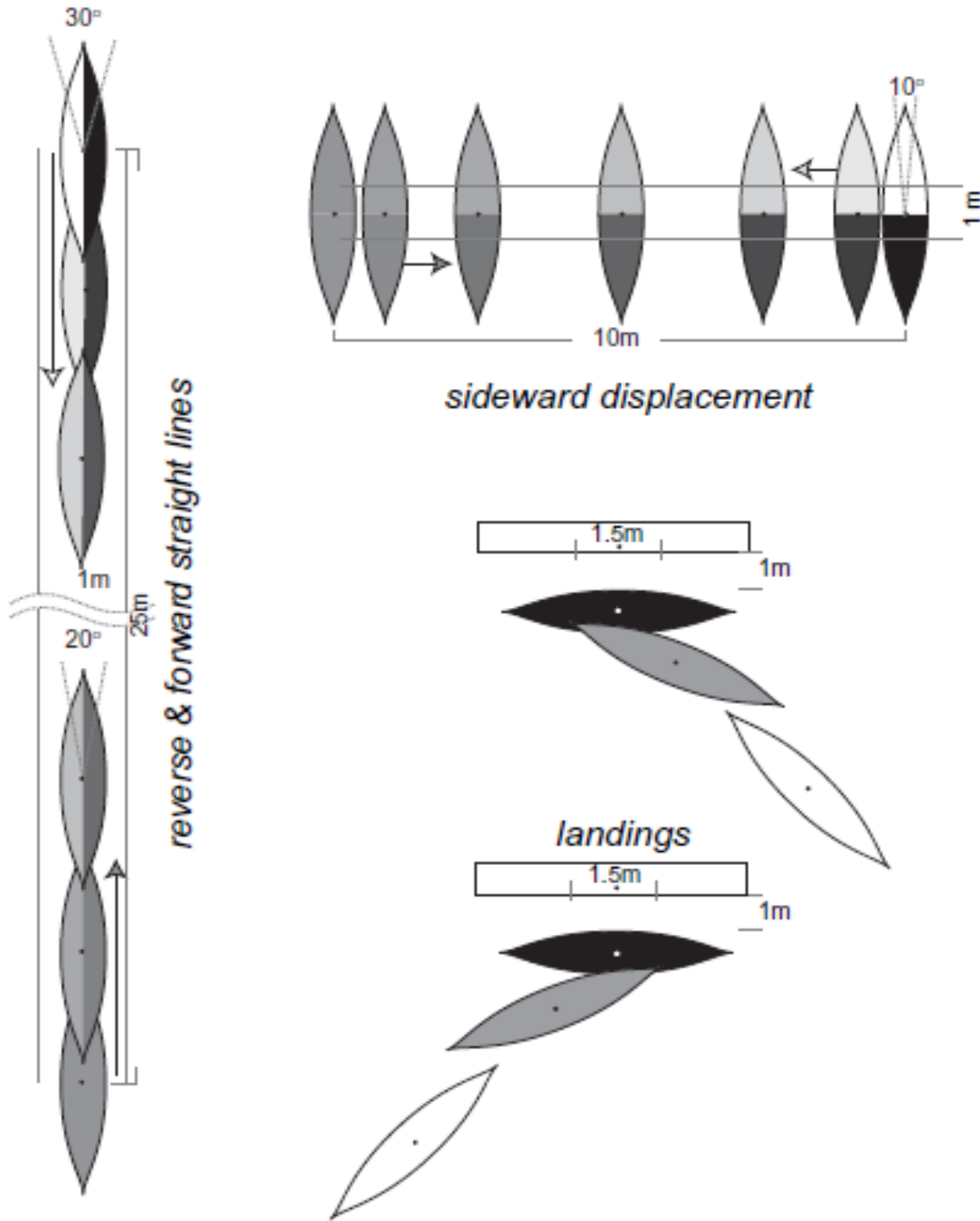
Canoeing Resources

The candidate should be aware of the Ontario Recreational Canoeing and Kayaking Association, other provincial, national and international canoeing associations, provincial and national parks, conservation authorities, canoeing schools, canoeing clubs, outfitters, books, magazines and films/videos and internet websites which pertain to canoeing.

CANOEING SKILLS FOR CANADIAN STYLE PADDLING LEVEL 1 (TANDEM & SOLO)



CANOEING SKILLS FOR CANADIAN STYLE PADDLING LEVEL 1 (TANDEM & SOLO)



CANADIAN STYLE PADDLING LEVEL 2

Canadian Style Paddling Level 2 builds upon the techniques and skills mastered in Level 1. Upon successful completion of this course the canoeist will be competent in repeatedly conducting standard Canadian Style Paddling manoeuvres.

OVERVIEW

Prerequisites

ORCKA Canadian Style Paddling Level 1, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Swimming
- Self rescue
- Canoe over canoe rescue

Theory

- Canoe design and construction
- Canoeing dynamics

Skills

- Pivots
- Sideward displacement
- Circles
- Reverse and forward straight lines
- Landings
- Portaging
- Triangle Course in the wind
- Slalom course
- Canoe dance

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CANADIAN STYLE PADDLING LEVEL 2A (TANDEM)

Prerequisites

ORCKA Canadian Style Paddling Level 1A, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Swimming
- Self rescue
- Canoe over canoe rescue

Theory

- Canoe design and construction
- Canoeing dynamics

Skills

- Pivots
- Sideward displacement
- Circles
- Reverse and forward straight lines
- Landings
- Portaging
- Triangle Course in the Wind
- Slalom course
- Canoe dance

CANADIAN STYLE PADDLING LEVEL 2B (SOLO)

Prerequisites

ORCKA Canadian Style Paddling Level 1B, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Swimming
- Self rescue
- Canoe over canoe rescue

Theory

- Canoe design and construction
- Canoeing dynamics

Skills

- Pivots
- Sideward displacement
- Circles
- Reverse and forward straight lines
- Landings
- Portaging
- Triangle Course in the Wind
- Slalom course
- Canoe dance

SAFETY

General

PFD's will be worn by all participants throughout all safety exercises and manoeuvres.

The descriptions of the items which follow, apply to both tandem and solo:

Swimming

. The candidate must be able to swim in deep water while wearing an approved PFD.

Self Rescue

The canoeist(s) will swamp or tip their canoe at a distance of 25 to 50 metres from shore. The canoeist will then bring the canoe to shore by either swimming and towing/pushing or climbing in and paddling.

Canoe Over Canoe Rescue

The canoeist(s) in the rescue canoe will approach a swamped or overturned canoe, with one or two conscious victims in the water, and complete a canoe over canoe rescue (the rescue includes getting the victim(s) back into their canoe). The rescue should be performed with moderate ease and efficiency. The entire procedure should be completed within two minutes. Emphasis must be placed on the safety of all individuals involved in the rescue.

SKILLS

CORE SKILLS

The following 4 core skills comprise the manoeuvres that a canoeist will master in order to be in control of his/her canoe. By combining the forces used in these skills, the canoe can be moved in almost any manner on the water.

The descriptions of the manoeuvres which follow, apply to both tandem and solo:

The canoeist may not switch paddling sides during any test item.

Refer to "EVALUATION" in the Appendices section for a further explanation of the performance criteria.

Pivots

The canoeist(s) will pivot the canoe 360° in one direction twice, stop smoothly, pivot the canoe 360° in the other direction twice, and stop smoothly. See figure on page CSP18.

Corridor:	the pivot point of the canoe must stay within a circle of one metres diameter
Roll:	imperceptible
Strokes:	splashless
Speed:	the same in both directions

Sideward Displacement

The canoeist will paddle the canoe sideward at a 45 degree angle to a dock or barrier in a straight line a minimum of 10 metres, stop smoothly, paddle sideward the other way in a straight line back to the starting point, and stop smoothly. This manoeuvre will be completed twice. See figure on page CSP19.

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Corridor:	one metre
Yaw:	<10°
Roll:	imperceptible during paddling, minimal during stopping
Strokes:	splashless
Speed:	the same in both directions, constant moderate speed
Other:	the canoe must be pointed 45° from the line of travel

Circles

The canoeist(s) will paddle the canoe around a figure of eight course twice. The figure of eight will consist of two equal-sized circles with a radius of 5 metres with their centres about 10 metres apart. The canoeist(s) will enter and exit the circle in a straight line at a point equal distance between the two markers which indicate the centre of the two circles. See figure on page CSP18.

Corridor:	one metres
Yaw:	<10°
Roll:	imperceptible
Strokes:	splashless
Speed:	constant moderate speed

Reverse and Forward Straight Lines

The canoeist(s) will paddle the canoe backward in a straight line a minimum of 25 metres, stop smoothly, paddle forward in a straight line back to the starting point, and stop smoothly. See figure on page CSP19.

Corridor:	one metre
Yaw:	<10° during paddling and <20° during stopping
Roll:	imperceptible during paddling, minimal during stopping
Strokes:	splashless
Speed:	the same in both directions, constant moderate speed

OTHER SKILLS

The performance criteria are contained within each description. Canoeists' may not switch paddling sides during any test item.

Landings

The canoe will approach the dock (or rope barrier) from an angle of 90 degrees. As the canoe nears the dock, the canoe will be turned so that it is parallel with the dock. Once parallel with the dock, the canoe must be stopped. At this point, the canoe must be within 1 metre of the dock or barrier; no sideward movement of the canoe is permitted to accomplish this. The centre of the canoe should be within a one metre designated area on the dock or barrier. Tandem canoeists must perform an inside landing from the bow or stern paddling position and an outside landing from the other paddling position. See figure on page CSP19.

Portaging

The candidate(s) will portage their canoe a distance of at least 100 metres (the lifting and lowering of the canoe may be assisted).

Triangular Course in Wind

In moderately windy conditions, the canoeists will paddle a triangular course approximately 300 metres in length. The canoe should remain within a 4 metre corridor between points of the triangle. The course length should be 300 metres with each leg 100 metres.

Slalom Course

The canoeists will work together to complete a slalom course that demonstrates a command of as many of the core skills as possible. See “SLALOM COURSES” in the Appendices for a selection of courses. The course must be paddled under a set time to be determined by the Course Director. The canoeists may not switch paddling sides once started into the course.

Canoe Dance

The canoeist(s) must work with a group of paddlers to plan and perform a complex routine of about four minutes duration that demonstrates rhythm, grace and a mastery of the four core skills. Ideas for such routines can be drawn from dance, dressage or other sources; or the routines may be original creations. In the event that only one boat is being tested the canoeist will do the routine alone.

THEORY

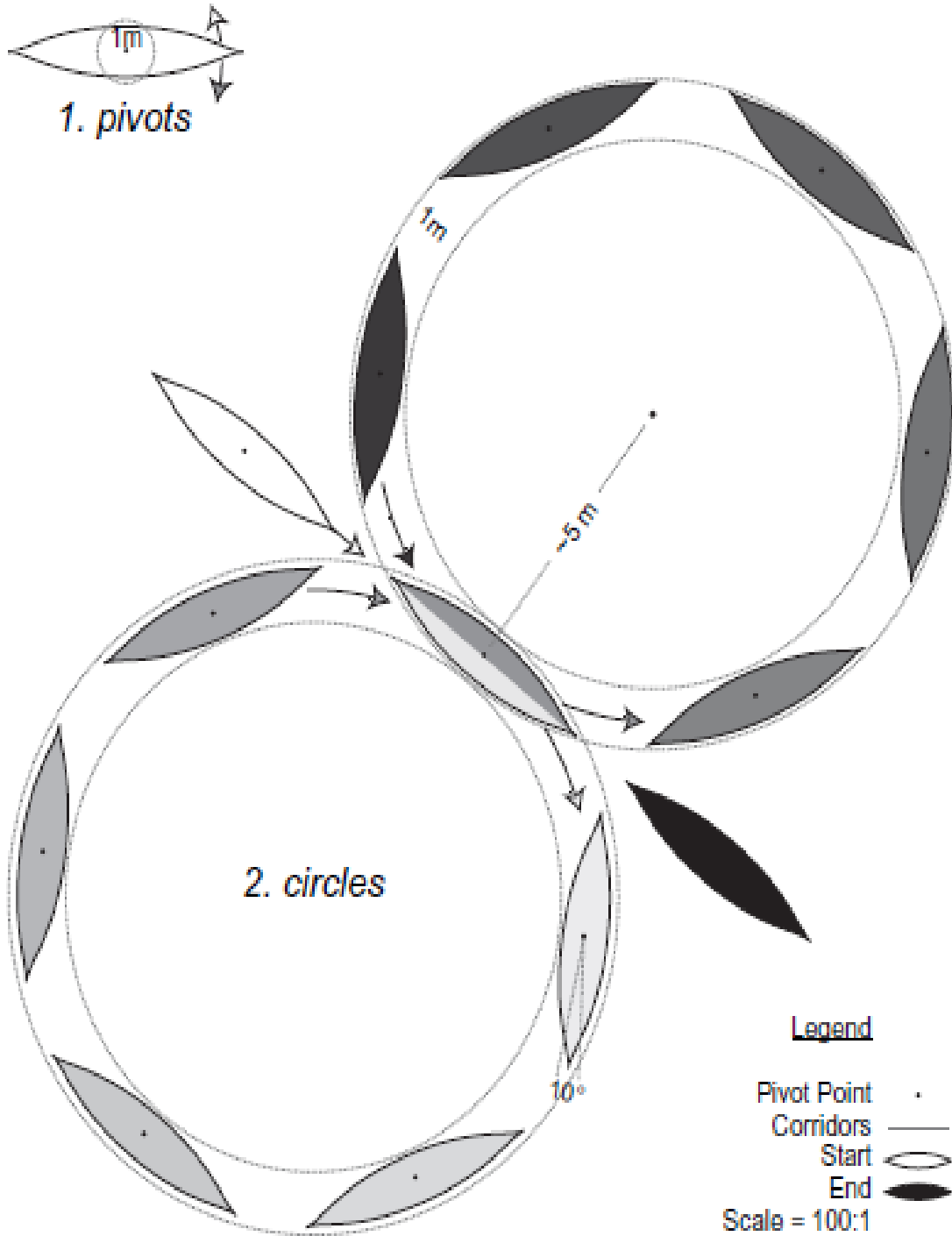
Canoe Design and Construction

The candidate should know the advantages and disadvantages of various canoe designs that may be used in a Basic Canoeing and Canadian Style Paddling context. He/she should be familiar with different construction methods and materials used in the manufacture of canoes specific to Canadian Style Paddling.

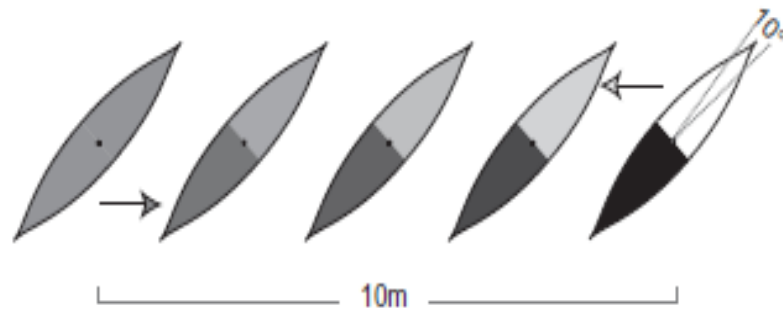
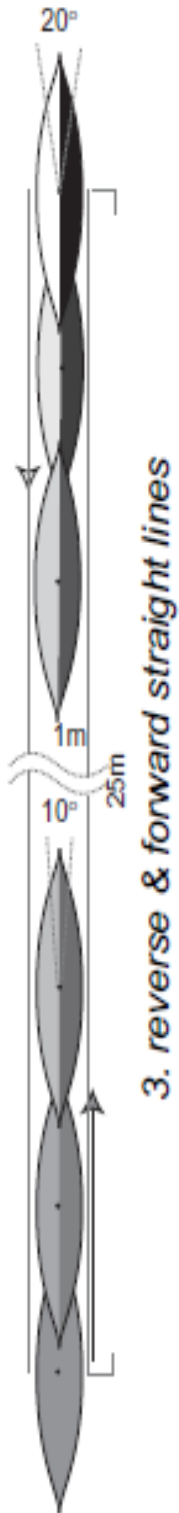
Canoeing Dynamics

The candidate must demonstrate an understanding of canoeing mechanics. The canoeist should be familiar with the following concepts and be able to apply them to a canoeing situation: centre of gravity, Newton's Laws of Motion, pivot point, and combinations of forces.

CANOEING SKILLS FOR CANADIAN STYLE PADDLING LEVEL 2 (TANDEM & SOLO)

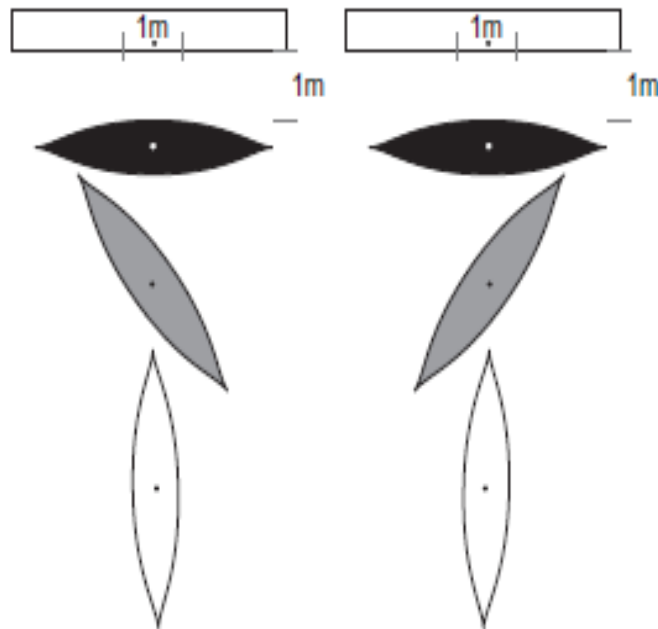


CANOEING SKILLS FOR CANADIAN STYLE PADDLING LEVEL 2 (TANDEM & SOLO)



4. sideward displacement

5. landings



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CANADIAN STYLE PADDLING LEVEL 3 (TANDEM & SOLO)

Canadian Style Paddling Level 3 represents the highest paddling skill level within the Canadian Style Paddling discipline. The emphasis is on solo paddling with a high degree of precision and control. Candidates should enter this level with a fair degree of canoeing skill focusing on solo paddling experience.

OVERVIEW

Prerequisites

ORCKA Canadian Style Paddling Level 2, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Safety

- Review of previous safety items
- Swimming
- Canoe over canoe rescue
- Self rescue
- Reaching assist and throw line

Theory

- Review of previous theory items
- Canoeing history
- Canoe design and construction
- Canoe repair and maintenance

Skills

- Review of previous skills items
- Pivots
- Reverses circles
- Reverse and forward straight lines
- In line pivots
- Reverses landings
- Advanced manoeuvres (1)
- Paddling in groups (1 routine)
- Slalom course
- Canoe dance
- Portaging
- English gate
- Triangular course in wind

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SAFETY

General

PFD's will be worn by all participants throughout all safety exercises and manoeuvres.

Review of Previous Safety Items

The review of any or all safety items from Basic Canoeing Levels 1 through 4 and Canadian Style Paddling Levels 1 through 2 is at the discretion of the Course Director.

Swimming

The candidate must be able to swim in deep water while wearing an approved PFD.

Canoe Over Canoe Rescue

The solo canoeist in the rescue canoe will approach a swamped or overturned canoe, with one or two conscious victim(s) in the water, and complete a canoe over canoe rescue (the rescue includes getting the victim(s) back into their canoe). The rescue should be performed with ease and efficiency. The entire procedure should be completed within a reasonable period of time (under 2 minutes).

Emphasis must be placed on the safety of the individuals involved in the rescue.

Self Rescue

The solo canoeist will swamp or tip his/her canoe (25 to 50 metres from shore) and by whatever means possible, get the canoe, paddle(s) and canoeist onto the shore.

Reaching Assist and Throwline

- (a) The rescuer will extend a reaching assist to a conscious victim in deep water, from a shoreline, dock and/or canoe, and bring the victim to safety.
- (b) Using a victim floating 10 to 15 metres from the shore or dock, the rescuer will throw a safety line to the victim and bring him/her safely onto the shore or dock. The rescuer should be successful in "hitting" the victim with the line at least 80% of the time.

In both exercises, the rescuer must communicate with the victim clearly and in a reassuring manner.

SKILLS

Review of Previous Skills Items

The review of any or all skills items from Basic Canoeing Levels 1 through 4 and Canadian Style Paddling Levels 1 through 2 is at the discretion of the Course Director.

The canoeist may not switch paddling sides during any test item.

Refer to "EVALUATION" in the Appendices section for a further explanation of the performance criteria.

Pivots (solo)

The canoeist will pivot the canoe three times in one direction, stop smoothly, pivot the canoe three times in the other direction, and stop smoothly. See figure on page CSP27.

- | | |
|-----------|--|
| Corridor: | the pivot point of the canoe must stay within a circle of 0.5 metre diameter |
| Roll: | imperceptible |
| Strokes: | splashless |
| Speed: | the same in both directions |

In-line Pivots (solo)

With the canoe positioned at a 90 degree angle to a barrier, the canoeist will pivot while simultaneously sideways displacing the canoe 10 metres along a dock or rope barrier: stop smoothly and complete the procedure in the other direction. The canoe will rotate (pivot 90 degrees every 2.5 metres travelled along the barrier. The canoe must be under constant motion while travelling sideways. See figure on page CSP27 & 30

- Corridor: the pivot point of the canoe must stay within a circle of 0.5 metre diameter
- Roll: imperceptible
- Strokes: splashless
- Speed: the same in both directions
- Other 90 degree revolution every 2.5 metres

Reverse Circles

The canoeist will paddle the canoe in reverse once around a figure of eight course. The figure of eight will consist of two equal-sized circles with their centres about 10 metres apart. See figure 2 on page CSP27.

- Corridor: .5 metre
- Yaw: <10°
- Roll: imperceptible
- Strokes: splashless
- Speed: constant moderate speed

Reverse and Forward Straight Lines

The canoeist will paddle the canoe backward in a straight line a minimum of 25 metres, stop smoothly, paddle forward in a straight line back to the starting point, and stop smoothly. See figure on page CSP28.

- Corridor: .5 metre
- Yaw: <10° during paddling and <10° during stopping
- Roll: imperceptible during paddling, minimal during stopping
- Strokes: splashless
- Speed: the same in both directions, constant moderate speed

Reveres Landings

The canoeist will approach a dock or rope barrier at an angle of 90 degrees while travelling in reverse. As the canoe nears the dock, the canoe will be turned so that it is parallel with the dock. Once parallel with the dock, the canoe must be stopped. At this point, the canoe must be within .5 metres of the dock or barrier; no sideward movement of the canoe is permitted to accomplish this. The center of the canoe should be within a one metre designated area on the dock or barrier. Landings must be performed inside and outside. See figure on page CSP28.

- Corridor: 0.5 metres
- Roll: imperceptible
- Strokes: splashless
- Speed: the same in both directions, constant moderate speed
- Other: the canoe must be pointed 90° from the line of travel

ORCKA CANOEING PROGRAM

ADVANCED SKILLS

The following advanced skills allow the canoeist to explore beyond the core skills: performing variations on the core skills, complex manoeuvres and routines, and paddling in groups. Each canoeist must perform his/her choice of one from the Variations On Core Skills or Advanced Manoeuvres and one from Paddling In Groups.

- Variation On Core Skills
- Advanced Manoeuvres
- Paddling In Groups

Performance criteria, except as noted, will be similar to those for the core skills. Notwithstanding the previous statement, Course Directors may use their judgment if the skill is particularly demanding.

Variations on Core Skills

(a) Variation on Pivot

The canoeist may perform a pinwheel, that is, a pivot around a point at the bow or stern of the canoe. See figure on page CSP30.

(b) Variations on Circles

- i The canoeist may perform a single sideward figure of eight, that is, the canoe points 90° to the direction of travel.
- ii The canoeist may perform a single-angled figure of eight, that is, the canoe points 45° to the direction of travel.
- i The canoeist may perform a single displacement figure of eight, that is, the canoe travels in a figure of eight while continuing to point in the same cardinal direction. See figure on page CSP29.

Advanced Manoeuvres and Routines

Other Advanced Manoeuvres

There are many possibilities for movement of a canoe on the water: curve pivots, pivots around points other than the paddler or stems of a canoe, pivots around sliding parts of the canoe (i.e. beginning with a bow pinwheel and moving gradually to a stern pinwheel), spirals, a variety of transitions from one manoeuvre to another (i.e. the stop turn is a specified transition from straight line to stationary - one could reverse this transition). In another vein, the canoeist could demonstrate three different techniques for executing a stop or keep the boat stationary in moderate wind for three minutes. If the canoeist wishes to try one of the above or one of his/her own invention, this may be done at the discretion of the Course Director with mutually acceptable performance criteria.

Paddling in Groups

Working with other canoeists adds an additional challenge to paddling. The canoeists must judge their movements not only in relation to a fixed path, but in relation to each other. To paddle well together requires, in addition to a mastery of core skills, good communication, an understanding of each other's paddling style, and considerable practice. See figures on page CSP32 for suggestions.

(a) Core Skills As Duets

- i In Line. Two canoeists may perform any of the core skill items except the pivot with the two canoes aligned bow to stern. Performance criteria: the two stems must remain within 0.5 metres of each other but may not touch; the centre lines of the two canoes should remain aligned except in the circle, where both canoes should be pointed as close as possible to the line of travel.

CANADIAN STYLE PADDLING

- ii Side By Side. Two canoeists may perform any of the core skill items except the pivot with the two canoes side by side. The paddlers may be facing the same direction or in opposite directions. Performance criteria: the canoes must remain within one metre of each other but may not touch; the centre thwarts of the canoes must remain aligned at all times.
 - iii Interlocking Pivots. Starting from a tee position, the canoes at right angles and the bow stem of one canoe within one metre of the centre thwart of the other canoe, the canoes pivot in opposite directions two revolutions, stop smoothly, pivot the other direction two revolutions, and stop smoothly in the original position. Performance criteria: the rate of rotation of the two canoes should be the same, such that they pass through the tee formation four times in each revolution.
- (b) Advanced Manoeuvres And Routines As Duets
If two canoeists wish to adapt any of the advanced manoeuvres and routines listed above for performance by two coordinated canoes, they may do so at the discretion of the Course Director and with mutually acceptable performance criteria.
- (c) Advanced Manoeuvres And Routines as Trios
The duet routines can be adapted for three canoes. Paddlers should be aware, however, that coordinating three canoes is significantly more difficult than coordinating two canoes.

OTHER SKILLS

Slalom Course

The canoeists must complete a slalom course that demonstrates a command of as many of the core skills as possible. See “SLALOM COURSES” in the Appendices for a selection of courses. The course must be paddled under a set time to be determined by the Course Director. The canoeist may not switch sides once started into the course.

Canoe Dance

The canoeist must work with a group of paddlers to plan and perform a complex routine of about four minutes duration that demonstrates rhythm, grace and a mastery of the four core skills. Ideas for such routines can be drawn from dance, dressage or other sources; or the routines may be original creations. In the event that only one boat is being tested the canoeist will do the routine alone.

Portaging

The candidate must portage his/her canoe at least 200 metres. This is a solo carry; the lifting and lowering of the canoe may be assisted.

English Gate Course

The canoeist shall perform an English Gate Course (see appendix) paddling it with precision. The ultimate goal is to paddle the course as a timed event (under 3 minutes or less). The canoeist shall not switch sides during this routine. See figure on page CSP31

- Roll: imperceptible
- Strokes: splashless
- Speed: constant moderate speed

Triangular Course in Wind

In moderately windy conditions, the canoeists will paddle a triangular course approximately 300 metres in length. The canoe should remain within a 3-metre corridor between points of the triangle. The course length should be 300 metres with each leg 100 metres.

ORCKA CANOEING PROGRAM

THEORY

Review of Previous Theory Items

The review of any or all theory items from Basic Canoeing Levels 1 through 4 and Canadian Style Paddling Levels 1 through 2 is at the discretion of the Course Director.

Canoeing History

The candidate should be able to competently discuss a topic related to the history of canoeing. He/she should demonstrate an understanding of the social and technological factors which have influenced the evolution of canoeing since the arrival of Europeans in North America. Alternatively, this discussion could be some aspect of the canoeing history of the area of the Course or another local area

Canoe Design and Construction

The canoeist should demonstrate knowledge of:

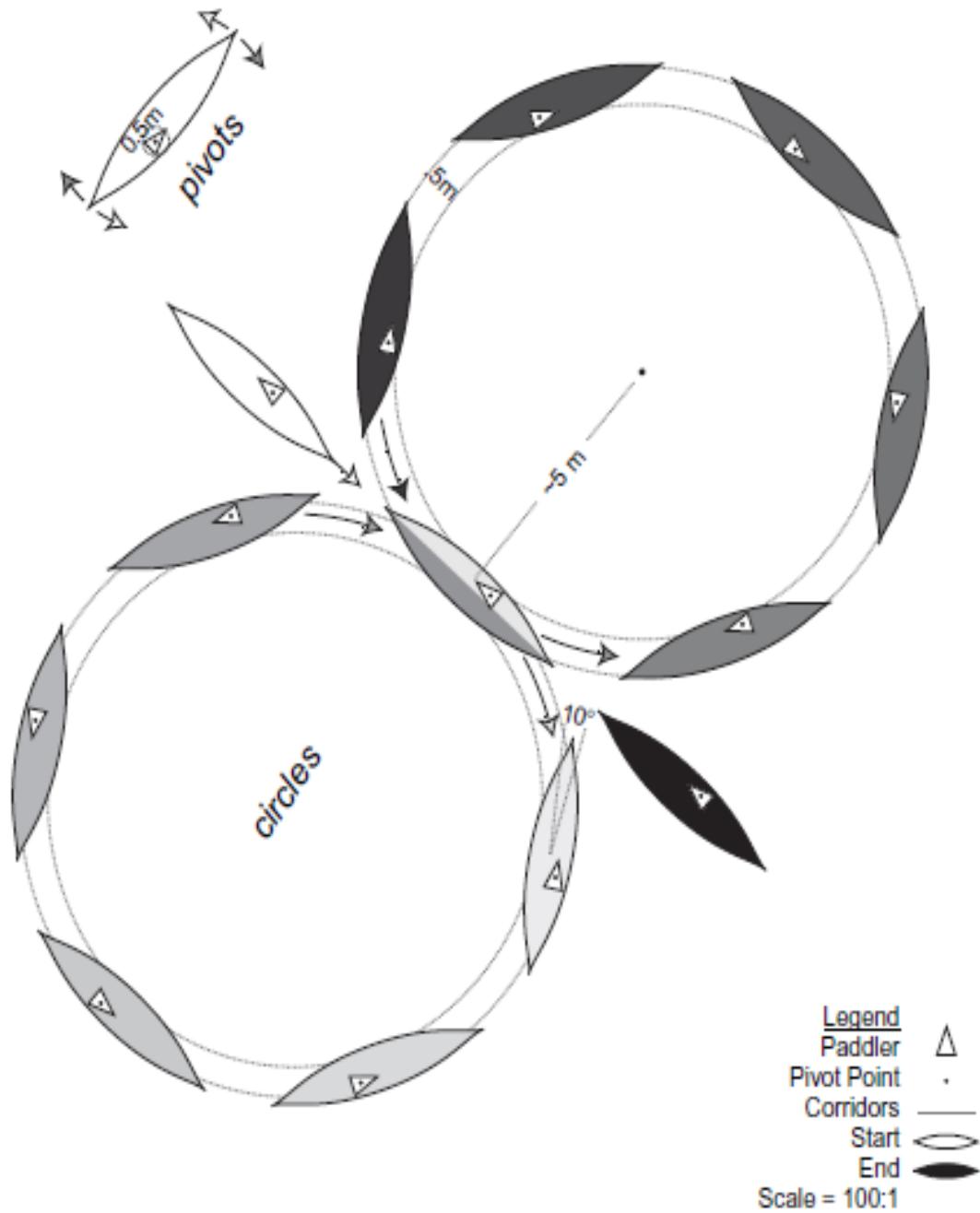
- (a) the major principles of canoe hull design and the influence of these factors on canoe performance,
- (b) the types and properties of common canoe construction materials and
- (c) the advantages and disadvantages of various canoe designs and types of construction as related to the canoe's use.

Canoe Repair and Maintenance

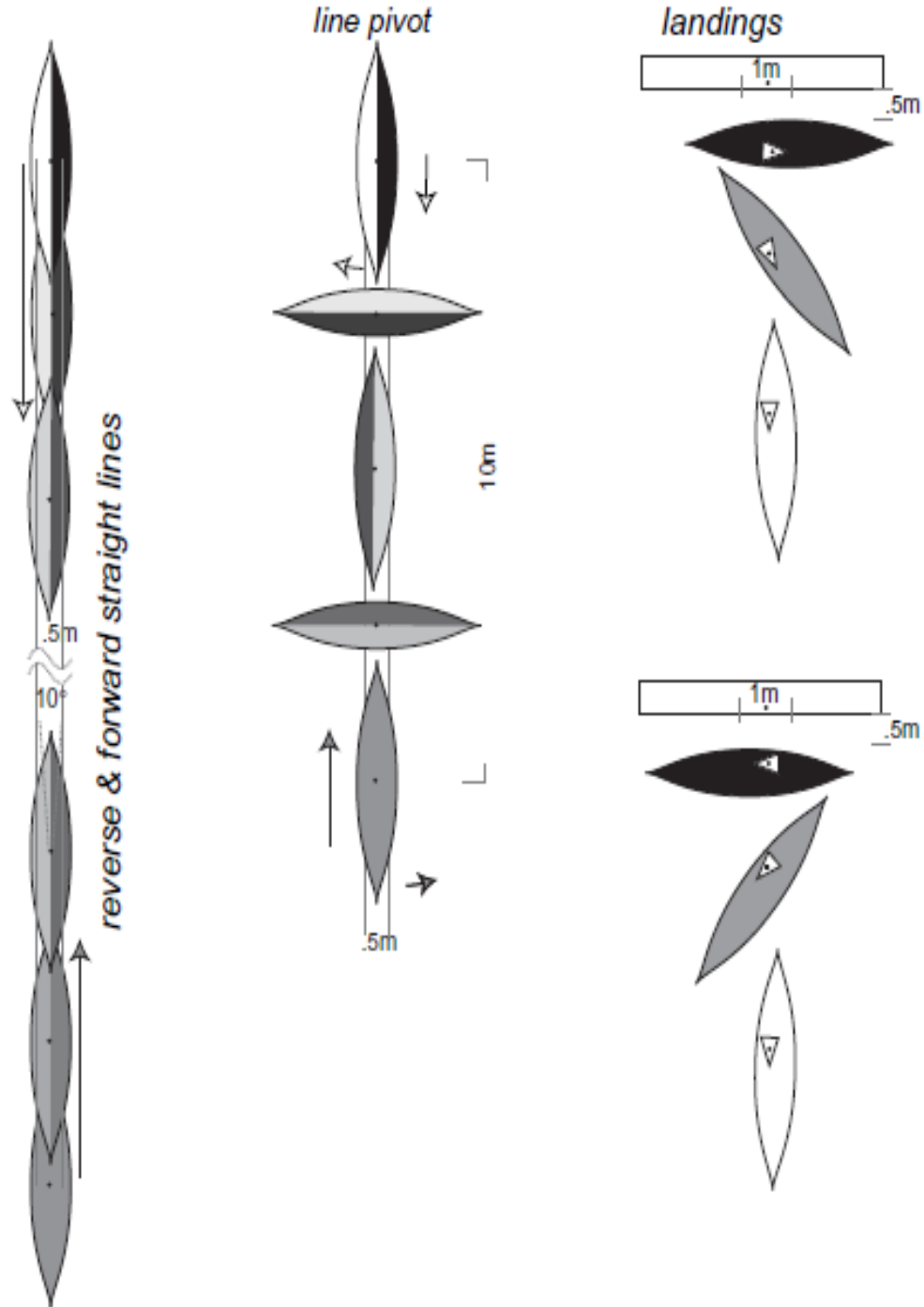
The canoeist should be able to demonstrate

- (a) an ability to carry out minor repairs to wood-canvas, aluminum, and synthetic canoes (small tear or puncture, broken thwart or seat, etc.) and
- (b) good care of equipment used throughout the Course.

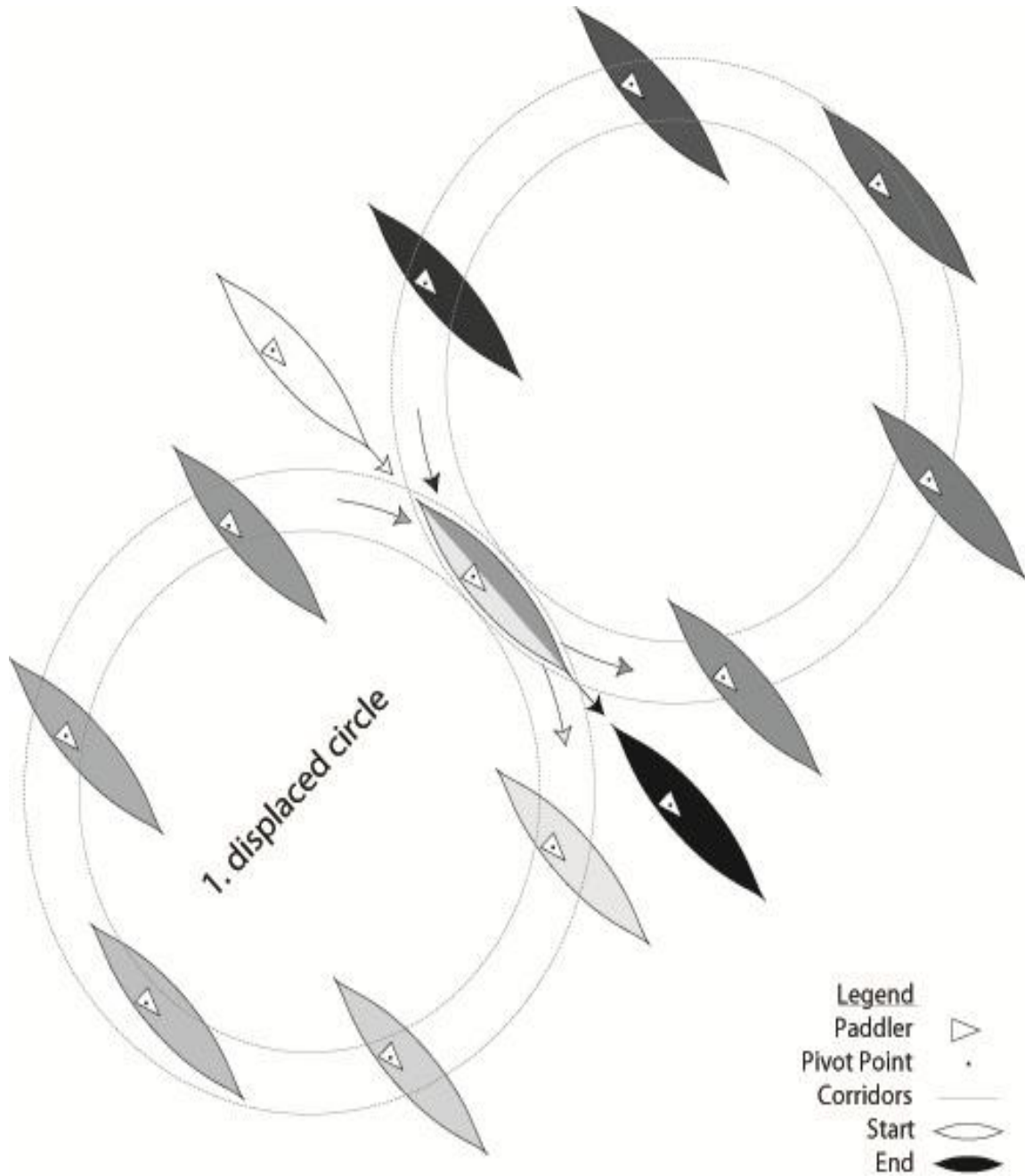
CANOEING CORE SKILLS FOR CANADIAN STYLE PADDLING LEVEL 3



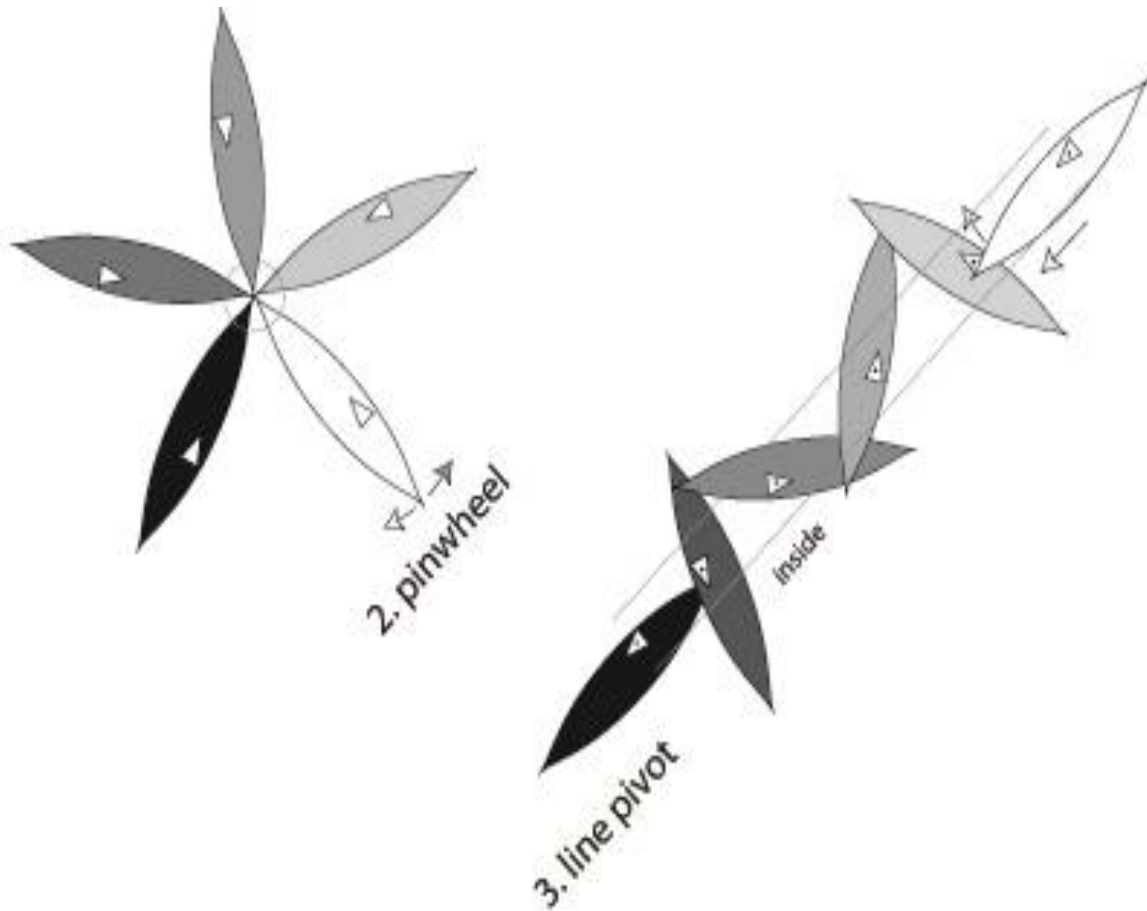
CANOEING CORE SKILLS FOR CANADIAN STYLE PADDLING LEVEL 3



**CANOEING ADVANCED SKILLS FOR
CANADIAN STYLE PADDLING
LEVEL 3**

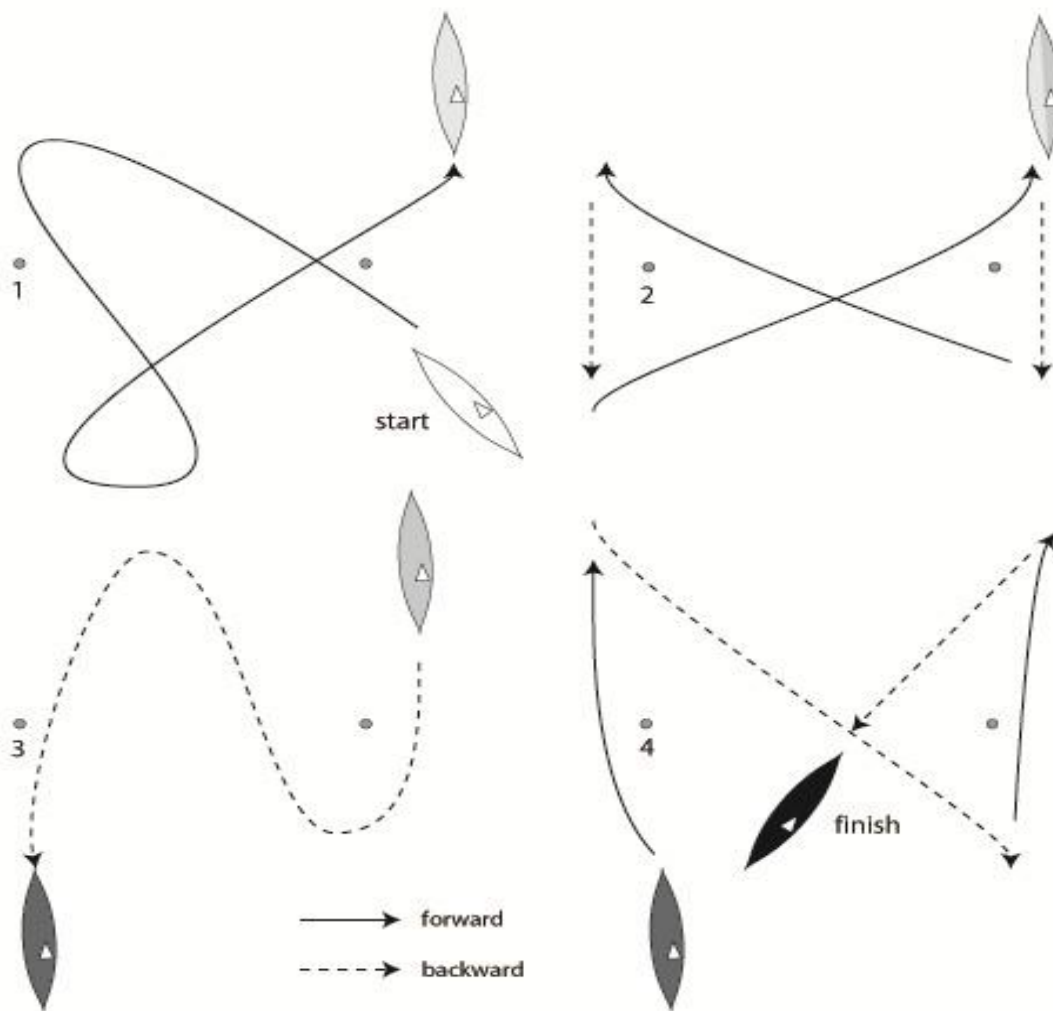


**CANOEING ADVANCED SKILLS FOR
CANADIAN STYLE PADDLING
LEVEL 3**

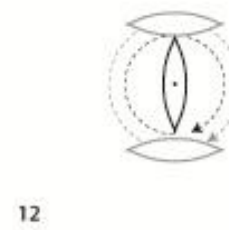
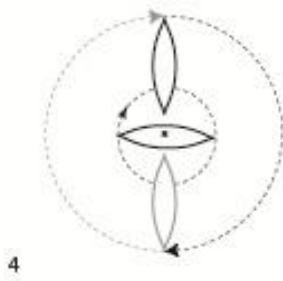
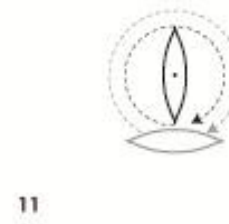
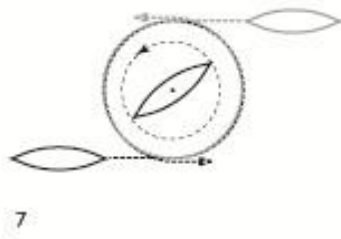
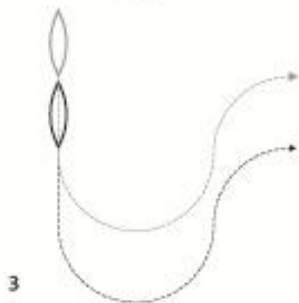
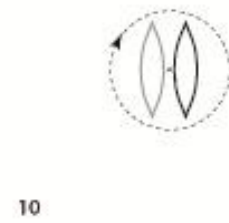
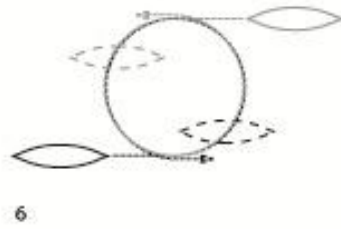
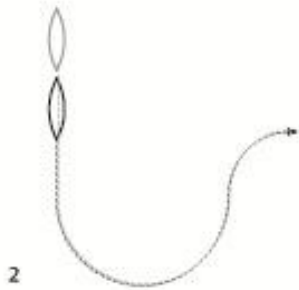
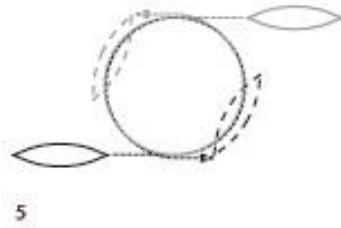
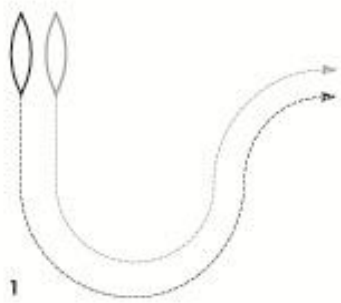


English Gates

The English Gate (of unknown origin) is apparently much in use by kayakers. Its advantages are that it is compact and only requires two buoys. The path shown here is adapted from an article by Gordon Grant in "Return of the English Gate", page 17, *Canoe & Kayak*, October 1994.



CANOEING MANOEUVRES AND ROUTINES AS DUETS AND TRIOS



CANADIAN STYLE PADDLING INSTRUCTOR 1

The purpose of the Canadian Style Paddling Instructor 1 Course is to provide a Provincial certification of competence in the administration and instruction of the ORCKA Canadian Style Paddling Level 1 Canoeing Program.

MANDATE OF CANADIAN STYLE PADDLING INSTRUCTOR 1

Upon successful completion of the Canadian Style Paddling Instructor 1 Course, the Instructor may:

1. Administer, instruct and certify the ORCKA Canadian Style Paddling Program Level 1 in accordance with ORCKA policies and standards.
2. Administer, instruct and certify the ORCKA Safe Canoeing and Program and Courses in accordance with ORCKA policies and standards
3. Direct and instruct an ORCKA Camp Canoeing Instructor Course in accordance with ORCKA policies and standards, and in compliance with all laws governing such activities
4. Direct and instruct a Basic Canoeing Instructor Course, with approval from the ORCKA Board of Directors
5. A Canadian Style Paddling Instructor 1 is expected to promote the development of safe, competent and knowledgeable recreational paddling and promote the development of the ORCKA Canadian Style Paddling programs, and to promote the development of Canadian Style Paddling as a separate discipline of recreational canoeing.

PREREQUISITES

1. At least 18 years of age.
2. Current ORCKA membership.
3. ORCKA Canadian Style Paddling Level 2A and 2B (tandem and solo)
4. It is strongly recommended that all Canadian Style Paddling Instructor 1 Instructors have, in addition to their canoeing qualifications, some qualification in Swimming, First Aid and CPR.

COURSE CONTENT

1. Learning Theory and Information
2. Principles of Pedagogy
3. Candidate Assessment and Evaluation
4. Practice Teaching
5. Programming and Program Development

ORCKA CANOEING PROGRAM

EVALUATION OF CANDIDATE

The Canadian Style Paddling Instructor 1 candidate will be evaluated by the following methods:

1. Continuous evaluation (by observation) of skills throughout the Course.
2. Written test of knowledge of Course content of approximately one hour in length. Candidates must achieve a mark of at least 80% to pass.
3. Written and/or oral presentations demonstrating ability to communicate Course content.
4. Ongoing evaluation (by observation) of the candidate's performance in the areas of safety, care of equipment, group dynamics, and leadership.
5. A minimum of 3 demonstrations of teaching ability by each candidate, at least one of which shall be an "on the water" session in which the candidate teaches a Canadian Style Paddling Level 1 canoeing skill. The candidate must select a site appropriate to the skill being taught and to the skill level of the students. In addition, development of appropriate teaching progression and strategies must be demonstrated. Teaching topics may be previously assigned or chosen, or may be assigned at short notice from a previously issued list. The Course staff will determine the methods and number of tests in each content area.

The following grades will be used for the evaluation of each test item:

P - Pass

W - Weak

N - Needs Major Improvement

The Course staff will outline as clearly as possible the criteria, which determine P, W or N grading of each test to the candidates prior to the test. To achieve Canoe Tripping Instructor 1 certification, the candidate must achieve a P in all tests or all tests but one, which may be W, but not an N.

A onetime retest is available to all candidates; except those that receive an N in all categories (retesting will not be permitted in such cases). Retesting or fulfilment of incomplete test items may occur up to a period of 12 months following the completion date of the applicable Course. Results at that time are final. Retesting will evaluate all the Weak or Needs Improvement items identified on the candidates' original Course evaluation.

The Course Director or an Instructor Trainer will administer the post course re-test along with a CSP Instructor observer approved by ORCKA. The candidate will cover the re-evaluation per diem costs of the Director (Instructor Trainer) and CSP Instructor observer.

There shall be an ORCKA administration fee for the post Course evaluation of the candidate.

CERTIFICATION GRANTED

1. Canadian Style Paddling Instructor 1 and Basic Instructor or
2. Basic Instructor or
3. Letter of attendance (if requested by candidate)

SAFETY

Candidates must demonstrate all safety procedures outlined in Canadian Style Paddling Level 2 and its prerequisites, if requested by the Course Director. Candidates must also identify potential hazards in a variety of canoeing situations and state appropriate preventative safety procedures.

SKILLS

Canadian Style Paddling Instructor 1 candidates must consistently show demonstration quality skills outlined in Canadian Style Paddling Level 2 and its prerequisites, As such, a skills demonstration by the candidate will be required.

TEACHING AND EVALUATION

Candidates will demonstrate knowledge of the following topics and areas, especially as applied to the teaching of psychomotor skills in general and recreational canoe tripping specifically.

1. How one learns.
2. Conditions of learning.
3. Skill, knowledge and attitude areas of learning.
4. Goals and objectives.
5. Teaching strategies.
6. Lesson planning and organisation.
7. Class management.
8. Group dynamics.
9. Evaluation techniques.
10. Instructor behaviour and attitudes.
11. How to plan and organise Canadian Style Paddling Level 1 Courses.
12. Mechanics: - how to analyze any given canoeing manoeuvre in terms of boat movement and body mechanics.

CANOEING THEORY AND INFORMATION

The candidate will demonstrate knowledge of the following areas, especially as they relate to canoe tripping and its instruction and programming.

1. Canoe design - principles and terminology.
2. Materials and forms of canoe construction.
3. Design and construction of paddles and accessories.
4. Equipment care and maintenance.
5. Equipment repair, stressing a "first aid" approach, i.e. the candidate should be able to make minor and temporary repairs to equipment, and should recognise those damages which require professional repair.
6. Canoe history, with general reference to the technical aspects and cultural contexts of canoes and canoeing throughout history and around the world, with special reference to the history of canoeing in Canada and the factors influencing the development of canoe tripping today.
7. Environmental ethics.

PROGRAMMING AND PROGRAM DEVELOPMENT

The candidate will demonstrate knowledge of the following topics as they relate to the initiation, management and operation of a recreational Canadian Style Paddling Program in Ontario.

1. ORCKA policies, programs, accreditation, and re-certification.
2. Organisation and management of Canadian Style Paddling Level 1 Courses.
3. Other germane institutions and programs (federal, associations, clubs, etc.).
4. Overview of resources (publications, manufacturers, retailers, repair persons, etc.) available Provincially, Federally and Internationally.
5. Legal and liability issues affecting the Instructor.
6. Safety procedures, hazard recognition, waterfront regulations, and safety equipment.
7. Equipment choice, teaching sites and areas, and scheduling.
8. Development of appropriate teaching progression.
9. Human Resource Management.

CANADIAN STYLE PADDLING INSTRUCTOR 2

The purpose of the Canadian Style Paddling Instructor 2 Course is to provide a provincial certification of competence in the administration and instruction of ORCKA Canadian Style Paddling Programs and Courses.

MANDATE OF CANADIAN STYLE PADDLING INSTRUCTOR 2

Upon successful completion of the Canadian Style Paddling Instructor 2 Course, the Instructor may:

1. Administer, instruct and certify ORCKA Basic Canoeing Level 1 through Level 4, Canadian Style Paddling Level 1 through Level 3, Safe Canoeing Programs and Courses in accordance with ORCKA standards, and in compliance with all laws governing such activities.
2. Direct and instruct an ORCKA Camp Canoeing Instructor Course in accordance with ORCKA policies and standards, and in compliance with all laws governing such activities
3. Direct and instruct a Basic Canoeing Instructor Course, with approval from the ORCKA Board of Directors.
4. Instruct at a Canadian Style Paddling Instructor 2 Course, by invitation of the Course Director.
5. Direct and examine a Canadian Style Paddling Instructor 1 Course, with approval of the ORCKA Board of Directors.
6. A Canadian Style Paddling Instructor 2 is expected to promote the development of safe, competent and knowledgeable recreational paddling and to promote the development of the ORCKA Basic Canoeing Program and Canadian Style Paddling as a separate discipline of recreational canoeing

PREREQUISITES

1. At least 18 years of age.
2. Current ORCKA membership.
3. ORCKA Canadian Style Paddling Level 3.
4. It is strongly recommended that all Canadian Style Paddling Instructor 2's have, in addition to their canoeing qualifications, some qualification in Swimming, First Aid and CPR.

COURSE CONTENT

1. Learning Theory and Information
2. Principles of Pedagogy
3. Candidate Assessment and Evaluation
4. Practice Teaching
5. Programming and Program Development

ORCKA CANOEING PROGRAM

EVALUATION OF CANDIDATE

The Canadian Style Paddling Instructor 2 candidate will be evaluated by the following methods:

1. Continuous evaluation (by observation) of skills throughout the Course.
2. Written test of knowledge of Course content of approximately one hour in length. Candidates must achieve a mark of at least 80% to pass.
3. Written and/or oral presentations demonstrating ability to communicate Course content.
4. Ongoing evaluation (by observation) of the candidate's performance in the areas of safety, care of equipment, group dynamics, and leadership.
5. A minimum of 3 demonstrations of teaching ability by each candidate, at least one of which shall be an "on the water" session in which the candidate teaches a Canadian Style Paddling Level 2 canoeing skill. The candidate must select a site appropriate to the skill being taught and to the skill level of the students. In addition, development of appropriate teaching progression and strategies must be demonstrated. Teaching topics may be previously assigned or chosen, or may be assigned at short notice from a previously issued list. The Course staff will determine the methods and number of tests in each content area.

The following grades will be used for the evaluation of each test item:

P - Pass

W - Weak

N - Needs Major Improvement

The course staff will outline as clearly as possible the criteria that determine P, W, or N grading of each test to the candidates prior to the test. To achieve Canadian Style Paddling Instructor 2 certification, the candidate must achieve a P in all tests or all tests but one, which may be W, but not an N. If you receive an N in all categories, retesting will not be permitted.

A one-time retest is available to all candidates. Retesting or fulfilment of incomplete test items may occur up to a period of 12 months following the completion date of the applicable course. Results at that time are final. Retesting will evaluate the Weak or Needs Major Improvement Items identified on the candidates original course evaluation.

Post Course evaluation may be undertaken only by the Course Director or designate.

There shall be an administration fee for the post Course evaluation of the candidate.

CERTIFICATION GRANTED

1. Canadian Style Paddling Instructor 2 or
2. Canadian Style Paddling Instructor 1 and Basic Instructor or
3. Basic Instructor or
4. Letter of attendance (if requested by the candidate).

SAFETY

Candidates must demonstrate all safety procedures as outlined in Basic Canoeing Level 1 through Level 4 and Canadian Style Paddling Level 1 through Level 3, if requested by the Course Director. Candidates must also identify potential hazards in a variety of canoeing situations and state appropriate preventative safety procedures.

SKILLS

Canadian Style Paddling Instructor 2 candidates must consistently show demonstration quality skills outlined in Basic Canoeing Level 1 through Level 4 and Canadian Style Paddling Level 1 through Level 3. As such, a skills demonstration by the candidate will be required. Candidates must demonstrate at least 2 items from each category of Canadian Style Paddling Level 3 advanced skills. Other advanced and novelty skills may be introduced for purposes of enrichment as time and resources allow.

TEACHING AND EVALUATION

Candidates will demonstrate knowledge of the following topics and areas, especially as applied to the teaching of psychomotor skills in general and recreational basic and Canadian Style Paddling canoeing specifically.

1. How one learns.
2. Conditions of learning.
3. Skill, knowledge and attitude areas of learning.
4. Goals and objectives.
5. Teaching strategies.
6. Lesson planning and organisation.
7. Class management.
8. Group dynamics.
9. Evaluation techniques.
10. Instructor behaviour and attitudes.
11. How to plan and organise Basic Canoeing Levels 1-4 and Canadian Style Paddling Levels 1-3 Courses.

ORCKA CANOEING PROGRAM

CANOEING THEORY AND INFORMATION

The candidate will demonstrate knowledge of the following areas, especially as they relate to Basic Canoeing and Canadian Style Paddling canoeing and its instruction and programming.

1. Canoe design principles and terminology.
2. Materials and forms of canoe construction.
3. Design and construction of paddles and accessories.
4. Equipment care and maintenance.
5. Equipment repair, stressing a "first aid" approach, i.e. the candidate should be able to make minor and temporary repairs to equipment, and should recognise those damages, which require professional repair.
6. Canoe history, with general reference to the technical aspects and cultural contexts of canoes and canoeing throughout history and around the world, with special reference to the history of canoeing in Canada and the factors influencing the development of lakewater and style paddling canoeing today.
7. Mechanics - the candidate shall be able to analyse any given style paddling manoeuvre in terms of elementary laws of physics and biomechanics.
8. Environmental ethics.

PROGRAMMING AND PROGRAM DEVELOPMENT

The candidate will demonstrate knowledge of the following topics as they relate to the initiation, management, and operation of a recreational Basic Canoeing and Canadian Style Paddling Program in Ontario.

1. ORCKA policies, programs, accreditation, and re-certification.
2. Organisation and management of Basic Canoeing Levels 1-3, Canadian Style Paddling Levels 1-3 and Basic Canoeing Instructor Level Courses.
3. Other germane institutions and programs (federal, associations, clubs, etc.).
4. Overview of resources (publications, manufacturers, retailers, repair persons, etc.) available Provincially, Nationally and Internationally.
5. Legal and liability issues affecting the Instructor.
6. Safety procedures, hazard recognition, waterfront regulations, and safety equipment.
7. Equipment choice, teaching sites and areas and scheduling.
8. Development of appropriate teaching progression.
9. Human Resource Management.

**CANADIAN STYLE PADDLING
INSTRUCTOR 2 TRAINER**

Prerequisites

The following criteria must be met for the designation of Canadian Style Paddling Instructor 2 Trainer status:

1. The designate must be a current member of ORCKA and actively instructing.
2. The designate must hold ORCKA Canadian Style Paddling Instructor 2 certification.
3. Designation may only be made a minimum of 2 years after receiving ORCKA Canadian Style Paddling Instructor 2 certification.
4. The designate must have assisted full time on at least 1 ORCKA accredited Canadian Style Paddling Instructor 2 Course.

Granting Process

The awarding of ORCKA Canadian Style Paddling Instructor 2 Trainer status will be considered by the ORCKA Board of Directors, on the recommendation of the Director of the Canadian Style Paddling Instructor 2 Course that the candidate assisted on.

**CANADIAN STYLE PADDLING
INSTRUCTOR 2 COURSE DIRECTOR**

Prerequisites

The following criteria must be met for the designation of Canadian Style Paddling Instructor 2 Course Director status:

1. The designate must be a current member of ORCKA and actively instructing.
2. The designate must hold ORCKA Canadian Style Paddling Instructor 2 Trainer status.
3. The designate must have instructed full time on a minimum of 2 ORCKA accredited Canadian Style Paddling Instructor 2 Courses.

Granting Process

The awarding of ORCKA Canadian Style Paddling Instructor Course Director status will automatically be considered by the ORCKA Board of Directors, upon completion of prerequisites by a Canadian Style Paddling Instructor 2 Trainer on the recommendation of the Director of the Canadian Style Paddling Instructor 2 Course that the candidate assisted on.

ORCKA CANOEING PROGRAM