

ORCKA Basic Canoeing Program

BASIC CANOEING LEVEL 1 (TANDEM)

Basic Canoeing Level 1 (Tandem) is an introduction to canoeing. The candidate will demonstrate safe behaviour while becoming comfortable paddling in a tandem canoe.

OVERVIEW

Prerequisites

There are no canoeing prerequisites for Basic Canoeing Level 1.

Safety

- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue

Theory

- Equipment selection
- Equipment knowledge
- Equipment care
- Safe canoeing procedures

Skills

- Launching and removing canoe
- Entering and exiting canoe
- Paddling positions
- Balancing
- Pivots
- Sideward displacement
- Forward straight line
- Stopping
- Landing
- Lifts and carries

BASIC CANOEING LEVEL 2 (TANDEM)

Basic Canoeing Level 2 (Tandem) builds on the skills introduced in Basic Canoeing Level 1 by refining the paddling techniques.

OVERVIEW

Prerequisites

ORCKA Basic Canoeing Level 1 (Tandem), equivalent certification or comparable skills and experience (with permission of the Course Director)

Safety

- Swimming
- Canoe over canoe rescue
- Retrieving a swamped canoe

Theory

- Outdoor precautions
- Government regulations
- Equipment knowledge

Skills

- Trimming
- Changing positions
- Inside and outside turns
- Inside and outside circles
- Inside and outside landings
- Reverse straight line
- Lifts and carries

BASIC CANOEING LEVEL 3 (TANDEM)

Basic Canoeing Level 3 (Tandem) builds on the skills introduced in Basic Canoeing Level 1 and 2 by refining the paddling techniques and performing the manoeuvres with more precision.

OVERVIEW

Prerequisites

ORCKA Basic Canoeing Level 2 (Tandem), equivalent certification or comparable skills and experience (with permission of the Course Director)

Safety

- Canoe over canoe rescue
- Re-entering canoe

Theory

- Windy weather precautions
- Environmental awareness

Skills

- Pivots
- Sideward displacement
- Forward straight line
- Inside and outside circles
- Inside and outside landings
- Reverse straight line
- Lifts and carries
- Transporting canoe on vehicle
- Canoe tour

BASIC CANOEING – TANDEM

Basic Canoeing – Tandem (Level 1, 2 and 3) combines the first three levels in Basic Canoeing into one course. This course has the combined Basic Level 1, 2 and 3 tandem requirements in one course. The Basic Canoeing – Tandem is designed to introduce the novice or relatively inexperienced canoeist to paddling. The emphasis is on mastering the fundamentals of tandem canoeing. Along with a strong grounding in water safety and safe canoeing practices.

OVERVIEW

Prerequisites

There are no canoeing prerequisites for Basic Canoeing Tandem.

Safety

- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Re-entering canoe

Theory

- Equipment selection
- Equipment knowledge
- Equipment care
- Day trip packing
- Government regulations
- Safe canoeing procedures
- Outdoor precautions
- Environmental awareness
- Windy weather precautions

Skills

- Launching and removing canoe
- Entering and exiting canoe
- Paddling positions and trimming
- Balancing
- Changing positions
- Pivots
- Sideward displacement
- Forward straight line
- Inside and outside turns
- Inside and outside circles
- Stopping
- Inside and outside landings
- Reverse straight line
- Lifts and carries
- Transporting canoe on vehicle
- Canoe tour

BASIC CANOEING LEVEL 4 (SOLO)

Basic Canoeing Level 4 (Solo) introduces the canoeist to solo paddling.

OVERVIEW

Prerequisites

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

Safety

- Review of safety items (Basic Canoeing Levels 1, 2 and 3)
- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Re-entering canoe

Theory

- Review of theory items (Basic Canoeing Levels 1, 2 and 3)
- Canoeing history

Skills

- Launching and removing canoe
- Entering and exiting canoe
- Paddling positions and trimming
- Pivots
- Sideward displacement
- Forward straight line
- Inside and outside turns
- Inside and outside circles
- Stopping
- Inside and outside landings
- Reverse straight line
- Lifts and carries

- Basic Canoeing 1, 2, and 3 are each 4 hrs in length, which makes them each fit nicely into one or two evenings. They can be completed individually, or in any consecutive combination.
- Basic Canoeing 4 is 12 hrs in length and can be combined with Basic 1, 2, and 3 for a full Basic Canoeing course, done separately or some other combination that works for you.
- It is probably best to complete Basic Tandem (1, 2, and 3) then follow it up with Basic 4 (Solo) as a separate course.