

ORCKA BASIC CANOEING 1, 2, 3 (Tandem) & 4 (Solo)

Prerequisites

There are no canoeing prerequisites for Basic Canoeing 1

Safety

Swimming and treading water

Retrieving a swamped canoe

Canoe over canoe rescue

Theory

Equipment Selection

Equipment Knowledge

Equipment Care

Safe canoeing procedures

Government Regulations

Outdoor Precautions

Windy Weather Precautions

Environmental Awareness

Skills

Launching and removing canoe

Entering and exiting canoe

Paddling positions

Balancing

Pivots

Trimming the Canoe

Sideward displacement

Forward straight line

Reverse Straight Line

Stopping

Landing

Inside and Outside Circles

Lifts and Carries

Changing Positions