

<b>BASIC CANOEING LEVEL 1 (TANDEM)</b>	
Basic Canoeing Level 1 (Tandem) is an introduction to canoeing. The candidate will demonstrate safe behaviour while becoming comfortable paddling in a tandem canoe.	
<b>OVERVIEW</b>	
<b>Prerequisites</b> There are no canoeing prerequisites for Basic Canoeing Level 1.	
<b>Safety</b> <ul style="list-style-type: none"> <li>• Swimming</li> <li>• Retrieving a swamped canoe</li> <li>• Canoe over canoe rescue</li> </ul> <b>Theory</b> <ul style="list-style-type: none"> <li>• Equipment selection</li> <li>• Equipment knowledge</li> <li>• Equipment care</li> <li>• Safe canoeing procedures</li> </ul>	<b>Skills</b> <ul style="list-style-type: none"> <li>• Launching and removing canoe</li> <li>• Entering and exiting canoe</li> <li>• Paddling positions</li> <li>• Balancing</li> <li>• Pivots</li> <li>• Sideward displacement</li> <li>• Forward straight line</li> <li>• Stopping</li> <li>• Landing</li> <li>• Lifts and carries</li> </ul>

<b>SAFETY</b>
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**General**

All safety exercises will be completed with candidates wearing an approved PFD.

**Swimming**

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

**Retrieving a Swamped Canoe**

The candidates will safely tip the canoe in shallow water, to become familiar with the floating properties of a swamped canoe. They will then bring the canoe into shallower water and empty it of water (they may need assistance in this).

**Canoe Over Canoe Rescue**

The candidates will witness a canoe over canoe rescue.

**SKILLS**

**General**

Candidates will be required to demonstrate manoeuvres from both bow and stern paddling positions, if what is done in these positions is different. Candidates should be encouraged to paddle on both sides, if possible. Candidates should not change paddling sides during a manoeuvre.

**Launching and Removing Canoe**

The candidates will assist in safely and carefully launching and removing the canoe at a shoreline and/or a dock.

**Entering and Exiting Canoe**

Each candidate will safely enter and exit the canoe at a shoreline and/or a dock. The candidate should have knowledge of procedures at both a shoreline and a dock.

**Paddling Positions**

The candidates will enter the canoe and assume the paddling position (kneeling or sitting) deemed most suitable for the given conditions.

**Balancing**

- (a) Each candidate will, in turn, from a kneeling or sitting position, stand for 15 seconds and then return to the original position while the partner stabilises the canoe by remaining still and low
- (b) With both paddlers kneeling, gently rock the canoe for 15 seconds
- (c) At all other times while in the canoe, the canoeists will demonstrate balance by avoiding sudden unannounced movements and keeping their centres of gravity low and in the centre of the canoe.

**Pivots**

The candidates will pivot the canoe one complete revolution in one direction, and then one complete revolution in the other direction.

**Sideward Displacement**

The candidates will move the canoe sideways a distance of approximately 5 metres in both directions.

**Forward Straight Line**

The candidates will paddle in a relatively straight line for a distance of approximately 25 metres, and return.

**Stopping**

The candidates, working together, will stop the canoe in a safe and appropriate manner.

**Landing**

The candidates working together, will land the canoe at a shoreline and/or a dock in a safe and appropriate manner.

**Lifts and Carries**

The candidates will assist in safely lifting and carrying the canoe to and from the water at the beginning and end of their canoeing session(s). Various techniques may be employed, depending upon the size and strength of the candidates.

**THEORY****Equipment Selection**

- (a) The candidates will be shown how to select an appropriately sized paddle. The candidates will then select such a paddle for their use.
- (b) The candidates will be shown how to select and wear a PFD. They will then select such a PFD for their use and have their selection checked by the Course Director.

**Equipment Knowledge**

- (a) The candidates will be familiar with the following parts of the paddle:
  - tip, blade, shaft, and grip
- (b) The candidates will be familiar with the following parts of the canoe:
  - bow, stern, bow seat, stern seat, thwart, and gunwale

**Equipment Care**

The candidates will be shown how to properly care for the PFD, paddle and canoe; they will demonstrate such care throughout the Course.

**Safe Canoeing Procedures**

The candidates will be made aware of the canoeing and waterfront rules of the facility where the course is conducted. The candidate will be made aware of the following safety procedures:

- (a) Keep your weight low in the canoe.
- (b) Canoe in the daylight.
- (c) Do not go out in stormy weather.
- (d) Avoid sudden or unannounced movements.
- (e) Cooperate with your partner.
- (f) Tell someone where you are going and when you expect to be back.
- (g) Stay with your canoe if it swamps or overturns.
- (h) Watch for obstacles.
- (i) Avoid fast moving water or rapids.
- (j) Know the safe loading capacity (people and packs) for a canoe without overloading it or making paddling difficult.
- (k) Have extra paddles in the canoe.
- (l) Get off the water when lightning is close or approaching