

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 <ul style="list-style-type: none"> Review of safety items (Basic Canoeing Levels 1, 2 and 3) Swimming Retrieving a swamped canoe Canoe over canoe rescue Re-entering canoe Theory <ul style="list-style-type: none"> Review of theory items (Basic Canoeing Levels 1, 2 and 3) Canoeing history 	Skills <ul style="list-style-type: none"> 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

SAFETY

General

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

Review of Safety Items

The Director of the Basic Canoeing Level 4 Course may choose to review any or all of the safety items from Basic Canoeing Level 1, Level 2 and Level 3.

Swimming

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

Retrieving a Swamped Canoe

The candidate will swamp or overturn their canoe and without losing contact with the canoe, tow or push it to shore. When the canoe and candidate are in shallow water, they will empty the water out of the canoe and re-enter it. The candidate may require assistance in emptying the canoe.

Canoe Over Canoe Rescue

The candidate in the rescue canoe will approach a conscious victim and their swamped or overturned canoe. After ensuring that the victim is safe, a canoe over canoe rescue must be completed. The victim is then assisted back into his/her canoe. Each person must be both a victim and a rescuer.

Re-entering Canoe

The candidate will carefully slip out of the canoe, while holding onto the gunwales, and climb back in. Some assistance may be necessary in getting back into the canoe.

SKILLS

General

The candidate may not change paddling sides during the performance of a manoeuvre.

Launching and Removing Canoe

The candidate will safely and carefully launch and remove the canoe at a shoreline and/or a dock. Assistance may be offered to those whose size and strength does not permit this to be done safely.

Entering and Exiting Canoe

Each candidate will safely enter and exit the canoe at a shoreline and/or a dock.

Paddling Positions and Trimming

- (a) The candidate will enter the canoe and assume the paddling position deemed most suitable for the given conditions.
- (b) The candidate will know how their paddling position may be changed to maximise safety and efficient paddling, given different wind and water conditions.

Pivots

The candidate will pivot the canoe one complete revolution in one direction, and then one complete revolution in the other direction. The centre of the canoe should not stray too far from its original position throughout the manoeuvre.

Sideward Displacement

The candidate will move the canoe sideways in both directions a distance of 7 metres. Minimal pivoting and diagonal motion is acceptable, minimal forth and back motion is also acceptable. Speed should be constant in both directions.

Forward Straight Line

The candidate will paddle forward in a relatively straight line for a distance of approximately 100 metres.

Inside and Outside Turns

- (a) The candidate will paddle forward, in a relatively straight line, and turn the canoe approximately 90 degrees to the paddling side (inside turn) and continue in a relatively straight line.
- (b) Repeat the above procedure, but turn away from the candidate's paddling side (outside turn).

Inside and Outside Circles

- (a) The candidate will perform an inside circle of no greater than 15 metres in diameter. The candidate is paddling on the inside of the circle.
- (b) The candidate will perform an outside circle of no greater than 15 metres in diameter. The candidate is paddling on the outside of the circle.

The arc of each circle should be relatively consistent and the speed should be constant.

Stopping

The candidate will stop the canoe in a safe and appropriate manner.

Inside and Outside Landings

- (a) The candidate will approach a dock or rope barrier at an angle of approximately 50 to 75 degrees. As the canoe nears the barrier, it should turn parallel to the barrier and stop within a reasonably short distance and no more than one metre away from the barrier. The candidate is paddling on the side of the canoe away from the barrier (inside landing).
- (b) Repeat the above procedure, but with the candidate paddling on the side of the canoe nearer the barrier (outside landing).

Reverse Straight Line

The candidate will paddle backward in a relatively straight line for a distance of approximately 25 metres.

Lifts and Carries

The candidate should attempt a solo lift and carry. The lifting and lowering of the canoe should be a solo tepee or assisted tepee. If size and strength prevent the lifting and carrying of the canoe as described, the candidate must demonstrate knowledge of the method.

THEORY**Review of Theory Items**

The Director of the Basic Canoeing Level 4 Course may choose to review any or all of the theory items from Basic Canoeing Level 1, Level 2 and Level 3.

Canoeing History

The candidate should be introduced to the rich canoeing heritage that Canadians share. This could be the evolution of the canoe, some local canoeing history, the biography of a canoeist, etc...