

<b>BASIC CANOEING LEVEL 2 (TANDEM)</b>	
Basic Canoeing Level 2 (Tandem) builds on the skills introduced in Basic Canoeing Level 1 by refining the paddling techniques.	
<b>OVERVIEW</b>	
<b>Prerequisites</b> ORCKA Basic Canoeing Level 1 (Tandem), equivalent certification or comparable skills and experience (with permission of the Course Director)	
<b>Safety</b> <ul style="list-style-type: none"> <li>• Swimming</li> <li>• Canoe over canoe rescue</li> <li>• Retrieving a swamped canoe</li> </ul> <b>Theory</b> <ul style="list-style-type: none"> <li>• Outdoor precautions</li> <li>• Government regulations</li> <li>• Equipment knowledge</li> </ul>	<b>Skills</b> <ul style="list-style-type: none"> <li>• Trimming</li> <li>• Changing positions</li> <li>• Inside and outside turns</li> <li>• Inside and outside circles</li> <li>• Inside and outside landings</li> <li>• Reverse straight line</li> <li>• Lifts and carries</li> </ul>

<b>SAFETY</b>
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### General

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

### Swimming

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

### Canoe Over Canoe Rescue

The two candidates in the rescue canoe will approach two conscious victims and their swamped or overturned canoe. After ensuring that the victims are safe, a canoe over canoe rescue must be completed. The victims are then assisted back into their own canoe. Each person must be both a victim and a rescuer.

### Retrieving a Swamped Canoe

- The candidates will swamp their canoe a short distance from shore. They will then enter the swamped canoe and paddle it to the shore. When the canoe and candidates are in shallow water, they will empty the water out of the canoe and re-enter it.
- The candidates will swamp their canoe a short distance from shore, turn the canoe keel up, and swim the canoe to shore, using the canoe as a flotation aid. The candidates will maintain contact with the canoe at all times. When the canoe and candidates are in shallow water, they will empty the water out of the canoe and re-enter it.

Some candidates may require assistance in emptying the water from the canoe. PFDs will be worn throughout these exercises.

<b>SKILLS</b>
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### **General**

Candidates will be required to demonstrate the following manoeuvres from both bow and stern paddling positions, if what is done in these positions is different. Candidates may be required to paddle on both sides for some manoeuvres. Candidates may not change paddling sides during the performance of a manoeuvre.

### **Trimming**

The candidate(s) will know how their own weight as well as that of packs can be shifted to maximise safety and efficient paddling, given different wind and water conditions.

### **Changing Positions**

The candidates will change paddling positions, bow to stern and stern to bow, without going to the shore or dock. They may attempt this with one canoe alone or with a second canoe to offer assistance.

### **Inside and Outside Turns**

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

Candidates should accomplish these manoeuvres in both bow and stern positions.

### **Inside and Outside Circles**

- (a) The candidates will perform an inside circle of no more than 15 metres in diameter. The bow paddler paddles forward and occasionally may assist with the turning of the canoe, but most of the turning should be accomplished by the stern paddler. The arc of the circle should be consistent and the speed should be constant.
- (b) The candidates will perform an outside circle, using the criteria described above.

Candidates should accomplish these manoeuvres in both bow and stern positions.

### **Inside and Outside Landings**

- (a) The candidates, working together, will safely land the canoe at a dock or rope barrier. The candidates will approach the 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 stern paddler is paddling on the side of the canoe away from the dock or rope barrier (inside landing).
- (b) The candidates will perform an outside landing, using the above criteria; the stern paddler will be paddling on the side of the canoe nearer the dock or rope barrier when the landing is completed.

**Reverse Straight Line**

The candidates will paddle backward in a relatively straight line for a distance of approximately 25 metres.  
The candidate being evaluated is the bow paddler

**Lifts and Carries**

The candidates will demonstrate two methods of carrying the canoe tandem and will be familiar with and may attempt a solo tepee lift and carry. If size and strength prevent the lifting and carrying of the canoe as described, the candidate must demonstrate knowledge of the methods.

**THEORY****Outdoor Precautions**

The course participants will be made aware of the effects of environmental conditions such as, sun, wind, rain, and cold and associated potential dangers. They should be aware of the appropriate clothing and equipment that is recommended to be carried and used to counter the effects of adverse environmental conditions.

**Government Regulations**

The candidate will be made aware of the government regulations as they apply to canoes, such as:

- (a) A Canadian-approved PFD or lifejacket of appropriate size for each person on board.
- (b) One buoyant heaving line of not less than 15 metres in length.
- (c) One manual propelling device.
- (d) One bailer or one manual water pump fitted with or accompanied by sufficient hose to enable a person using the pump to pump water from the bilge of the vessel over the side of the vessel.
- (e) A sound signalling device or a sound signalling appliance.
- (f) Navigation lights or waterproof flashlight that meet the applicable standards set out in the Small Vessels Regulations and Collision Regulations if the pleasure craft is operated after sunset and before sunrise or in periods of restricted visibility. Refer to:
  - Small Vessels Regulations
    - <https://laws.justice.gc.ca/eng/regulations/SOR-2010-91/page-7.html#h-56>
  - Collision Regulations
    - [https://laws.justice.gc.ca/eng/regulations/C.R.C.,\\_c.\\_1416/page-3.html#docCont](https://laws.justice.gc.ca/eng/regulations/C.R.C.,_c._1416/page-3.html#docCont)

**Equipment Knowledge**

- (a) The candidates should be aware of a number of paddle types and materials.
- (b) In addition to what was learned in Basic Canoeing Level 1, the candidates should be familiar with the following parts of a canoe:
  - keel, hull, ribs, planks, inwale, outwale, tumblehome, stem band, and painter