

## CANOE TRIPPING LEVEL 2

Canoe Tripping Level 2 provides the experienced canoe tripper with the opportunity to improve his/her canoe tripping skills under more challenging conditions. Canoe Tripping Level 1 skills are reviewed and expanded upon and new skills and theory are introduced to enhance the wilderness canoe tripping experiences of the candidate. The course involves a canoe trip, stressing organisation, safety, and introduces the fundamental concepts of leadership, and risk and crisis management. Canoe Tripping Level 2 is applicable to tandem and solo canoe paddling candidates. All candidates will be given the opportunity to paddle a loaded canoe solo.

### OVERVIEW

#### **Prerequisites**

ORCKA Canoe Tripping Level 1, and Basic Canoeing Level (tandem and solo); equivalent certification or comparable skills and experience (with the permission of the Course Director). It is highly recommended that candidates who will be tripping in a wilderness setting encountering moving water of or in excess of International River Classification 1 also have ORCKA River Running Level 1A (Tandem) or Moving Water Level 1 A (Tandem), equivalent certification or comparable skills and experience (with the permission of the Course Director).

#### **Safety**

- Swimming
- Canoe over canoe rescue (Loaded Canoe)
- Self rescue (Loaded Canoe)
- Line toss and rescue
- Communications

#### **Theory**

- Canoeing heritage
- Canoe design and construction
- Canoe repair and maintenance
- Wilderness first aid
- Weather interpretation
- Trip planning, reporting and assessment
- Trip leadership
- Risk management
- Crisis management

#### **Skills**

- Review of previous skills items
- Canoeing
- Food and menu planning
- Navigation
- Knots, hitches, lashings, and ropes
- Portaging
- Lining, tracking and wading
- Canoe trip

**SAFETY****General**

PFD's will be worn by all participants throughout all safety exercises and manoeuvres.

**Swimming**

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

**Canoe over Canoe Rescue (Loaded Canoe)**

The two candidates in the rescue canoe will approach a swamped or overturned loaded canoe, with two conscious victims in the water, and complete a canoe over canoe rescue. The solo canoeist in the rescue canoe will approach a swamped or overturned loaded canoe, with one or more conscious victims in the water and complete a canoe over canoe rescue. In both cases the rescue includes getting the victims back into their canoe, retrieval of loaded gear and placement of same into canoe. The rescue should be performed with ease and efficiency. Emphasis must be placed on the safety of the individuals involved in the rescue.

**Self Rescue (Loaded Canoe)**

The tandem canoeists will swamp or tip their canoe at a distance of 25 to 50 metres from shore and by whatever means possible, get the canoe, paddle(s), loaded gear, and canoeist onto the shore. This activity is not completed until the canoe is emptied of water, gear properly reloaded and balanced and canoeist prepared to continue paddling. This may be conducted additionally as a solo exercise at the discretion of the Course Director.

**Line Toss and Rescue**

Using a victim (target) floating 10 to 15 metres from shore, the rescuer will throw a safety line from the shore to the victim and bring the victim safely onto the shore. The rescuer should be successful in "hitting" the victim (target) with the line two out of three times.

**Communications**

The candidate will demonstrate a knowledge of appropriate communication signals to be used on a lakewater trip and a moving water trip. They should also be aware of some basic ad hoc signals and electronic devices to communicate with rescuers or searchers outside the canoeing group and how/when/why to use them. These may be methods such as signal fires, flares, universal distress signals, standard ground to air signals, signal mirrors, strobe lights, EPIRBs / PLBs, and cell / satellite phones.

**SKILLS****Review of Previous Skills Items**

The review of any or all skills items from Basic Canoeing Level 1 through Level 4, and Canoe Tripping Level 1 is at the discretion of the Course Director.

**Canoeing**

- (a) The candidate will demonstrate the canoeing skills of ORCKA Basic Canoeing Level 1 through Level 4, River Running or Moving Water Level 1A (tandem) or Level 1B (solo) (as appropriate), and Canoe Tripping Level 1 if required by the Course Director.
- (b) The candidate will show competence in paddling a solo canoe, loaded with tripping gear, during the course canoe trip.

**Food and Menu Planning**

The candidate will plan a suitable menu for a wilderness canoe trip of at least 5 days. The completed menu will include appropriate quantities for the given group size, a shopping list and identify any special packaging or preservation needs. They should demonstrate competence in a variety of methods of outdoor cooking, including baking, and be involved in meal preparations on the course canoe trip. The candidate will be familiar with the need to identify and account for food allergies, and specific dietary needs such as vegetarian meal options.

**Navigation**

The candidate must be familiar with the navigation skills of Canoe Tripping Level 1. In addition, they must be able to select a canoe route from a topographical map, indicate travel distances and directions, relate contour lines to elevation changes, identify potential river hazards, locate probable portage routes, take a back bearing, angle off, and "triangulate" a position. The candidate must distinguish among true north, geographical north and grid north and be able to apply corrections for magnetic deviation. The candidate must describe and demonstrate other means than a compass for recognising direction. The candidate should be familiar with the design, function and use of different types of magnetic compass (those with/without adjustable declination mechanism) and be aware of the function and use of GPS technology.

**Knots, Hitches, Lashings, and Ropes**

The candidate will review the "knots" required for Canoe Tripping Level 1 and, in addition, will demonstrate an understanding of the factors to consider in selecting the right knot for the right job.

The candidate will demonstrate the tying of each of the following knots and hitches:

- a) Loops
  - Figure eight loop
- b) Hitches
  - Round turn and two half hitches
  - Clove Hitch
  - Timber hitch
- c) Bends
  - Sheet bend (including slipped sheet bend)
  - Fisherman's knot (single, double)

He/she should demonstrate the appropriate use of each in the canoe tripping environment. Lashing and splicing may be included at the discretion of the Course Director.

**Portaging**

The candidate will demonstrate the ability to portage a canoe solo for a distance of at least 400 metres. They must demonstrate at least two ways of lifting and lowering the canoe during the portaging procedure.

**Lining, Tracking and Wading**

The candidate shall describe the appropriate techniques for lining, tracking and wading and give a practical demonstration of at least two of these. The candidate must know where these techniques are appropriate and recognise where portaging is a safer and more efficient alternative.

**Canoe Trip**

The candidate will experience a wilderness canoe trip of at least 2 nights duration. Each candidate should act as leader for a half day, during that time "scenarios" may occur, which the leader and group will have to deal with. There should be at least one solo canoe (with tripping gear) on the trip. Each candidate should paddle and portage solo for a portion of the trip.

**THEORY****Canoeing Heritage**

The candidate should be able to competently discuss a topic related to the history of canoeing. They should demonstrate an understanding of the social and technological factors which have influenced the evolution of canoeing since the arrival of Europeans in North America. Alternatively, this discussion could be some aspect of the canoeing history of the area of the Course canoe trip or another local area.

**Canoe Design and Construction**

The candidate should demonstrate knowledge of:

- (a) the major principles of canoe hull design and the influence of these factors on canoe performance,
- (b) the types and properties of common canoe construction materials and
- (c) the advantages and disadvantages of various canoe designs and types of construction as related to the canoe's use.

**Canoe Repair and Maintenance**

The candidate should be able to understand;

- (a) how to carry out minor repairs to wood-canvas, aluminum, glass, and ABS canoes (small tear or puncture, broken thwart or seat, etc.) and
- (b) the proper care of equipment used throughout the Course.

**Wilderness First Aid**

The candidate should be aware of the necessity for basic first aid knowledge in remote or wilderness situations.

**Weather Interpretation**

The candidate should be able to identify 6 cloud formations, wind changes, and air pressure changes that indicate probable weather modifications. The candidate will be able to discuss the impact of changes of weather on the conduct of a trip.

**Trip Planning, Reporting and Assessment**

- (a) Each candidate shall plan a 5 day canoe trip suitable for a group of their choosing. The trip plan should include such things as: trip objectives, trip length, difficulty, lakewater and moving water components, potential campsites, possible changes of route, emergency evacuation routes, travel arrangements to trip location, equipment lists, menu, advance preparation for participants, leader's credentials, leader's responsibilities, etc.
- (b) The candidates will devise ways of determining whether a trip has met its objectives and other post-trip responsibilities of leaders.
- (c) The candidates will examine trip logs and determine the 3 or 4 kinds of information that should be included in as a minimum in a trip log. Each person shall write a log of the course canoe trip and/or a group log may be written.
- (d) The candidate will complete a trip Float Plan for this trip.

**Trip Leadership**

- (a) Candidates will discuss dealing with communications within the group, morale problems, positive reinforcement, etc
- (b) The candidate will demonstrate care and respect for all other participants on the course.

**Risk Management**

The candidates will be introduced to the risk management process. The candidate will be expected to demonstrate an awareness of the risk management process and appropriate application of the risk management principles while preparing for the course canoe trip and while on the canoe trip.

**Crisis Management**

The candidate will be introduced to a basic knowledge of the various search and rescue procedures involved in wilderness tripping as well as emergency evacuation routes and procedures. The candidate must know the basic emergency signals used in wilderness travel.