

BASIC CANOEING LEVEL 3 (TANDEM)	
Basic Canoeing Level 3 (Tandem) builds on the skills introduced in Basic Canoeing Level 1 and 2 by refining the paddling techniques and performing the manoeuvres with more precision.	
OVERVIEW	
Prerequisites ORCKA Basic Canoeing Level 2 (Tandem), equivalent certification or comparable skills and experience (with permission of the Course Director)	
Safety <ul style="list-style-type: none"> • Canoe over canoe rescue • Re-entering canoe Theory <ul style="list-style-type: none"> • Windy weather precautions • Environmental awareness 	Skills <ul style="list-style-type: none"> • Pivots • Sideward displacement • Forward straight line • Inside and outside circles • Inside and outside landings • Reverse straight line • Lifts and carries • Transporting canoe on vehicle • Canoe tour

SAFETY

General

All safety exercises will be completed with candidates wearing an approved PFD. These exercises should be performed in deep water. Candidates in another canoe may offer assistance, depending upon the size and strength of the candidates in the water.

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.

Re-entering Canoe

- From the bow position, with a partner steadying the canoe from the stern, the candidate should carefully slip out of the canoe, while hanging onto the gunwales, and climb back in.
- Both candidates should carefully slip out of the canoe, while hanging onto the gunwales, and climb back in.

SKILLS

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.

Pivots

The candidates 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 candidates will move the canoe sideways in both directions a distance of 10 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 candidates will paddle forward in a relatively straight line for a distance of approximately 100 metres. The candidate being evaluated is the stern paddler. Each candidate must accomplish this from the stern position.

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.

Transporting Canoe on Vehicle

The candidates should be familiar with appropriate means of lifting a canoe onto and off a vehicle. They should also know knots which will secure the canoe to the vehicle. If appropriate, each candidate should attempt these procedures.

Note: Vehicles that have curtain or canopy airbags (these are the ones that deploy from the roof line in some way) then one should never tie down something through the vehicle. Refer to vehicle's owner's manual to confirm if your vehicle has this type of airbag as, blocking or restraining an airbag during deployment could cause fire or explosion resulting in serious injury or worse.

Canoe Tour

The candidates should accompany the Course Director on a short canoe tour. During this tour, the candidates should practise as many of the canoeing skills learned during the course as possible. Each candidate should paddle in the stern for part of the tour.

THEORY

Windy Weather Precautions

The candidate will be aware of some precautions to be taken in the event of windy weather, such as:

- (a) Quarter into the wind.
- (b) Adjust the trim.
- (c) Stay low in the canoe.
- (d) Stay close to shore.
- (e) Alter your route or go to shore, if necessary.

Environmental Awareness

The candidate will be aware of and understand the basic concepts of no trace camping and the rights of property owners and of others on the water.