

ADVANCED LAKEWATER PADDLER LEVELS

	Advanced Tandem Paddler (3)	Advanced Solo Paddler (4)
Prerequisite	Basic Solo Paddler (2)	Basic Solo Paddler (2)
Theory	Canoe Repairs Knots and ropes Equipment variations & standards Water hazards, wind and waves	Solo paddling: wind & waves ; Solo paddling positions/trim History of canoeing Extra flotation
Practical On Water Skills	Tandem Slide slip & Running side slip Tight inside & outside circles with momentum without momentum	Solo Slide slip & Running side slip Tight inside & outside circles with momentum & without momentum
Strokes	Tandem Braces Marathon Stroke Diagonal Draws (forward & reverse) Reverse "J" Stationary Draw Stationary Pry Review and Practice Basic Strokes Variation & blending of strokes Sculling Draw & Pry	Solo Compound Back Stroke Indian, Pitch & Canadian Strokes Box Stroke "O" Stroke Cross bow draw Weight Turns One Handed pry (bow jam) Braces Review & practice Basic Solo Strokes Variation & blending of strokes
Rescue	Tandem self rescue	Solo self rescue
Recommended Reading	<u>Path of the Paddle</u> by Bill Mason or DVD Basic Canoeing by Jon Rounds, Stackpole Books, 2003	<u>Song of the Paddle</u> by Bill Mason Classic Solo Canoeing by Becky Mason
Evaluation	Complete the tandem circuit	Complete the solo circuit

LAKEWATER INSTRUCTOR

Available only in RCABC Instructor's Manual.