

## OCEAN CANOEING

### Ocean Canoeing (3)

Paddling on protected coastal waters under a variety of conditions.

### Ocean Canoeing (4)

Advanced paddling on moving tidal waters.

Prerequisite	Basic Lakewater (2)	Ocean Canoeing (3)
<b>Theory</b>	M.O.T. harbour & small vessel regulations & signals Commercial & recreational traffic (procedures & courtesies) General safety (procedures & equipment) Basic navigation: Reading charts Plotting courses on a chart Reading Tide & Current Tables Using a compass to establish a course Weather tips & information sources Wave theory & action Trip planning & leadership Fresh water sources Understanding the hazards of open ocean canoeing, night canoeing and canoeing in fog	Review Coast Guard regulations & inshore boating ethics Review of basic navigation: Taking bearings Fixing Course Made Good with current and wind Using Tide & Current Tables to predict tidal heights & currents at specific times Practical weather forecasting Tidal hydraulics Effects of winds & waves Survival theory Leadership & Communications Environmental awareness: ethics identification of inter tidal plants & creatures of the area (discussion of reference books only)
<b>Skills</b>	Loading & trimming a canoe Handling a canoe in wind, waves and currents Embarking & disembarking in surf on both sandy and rocky shores Knots - reef, bowline, clove-hitch, sheet	Upgrading of level 3 skills of handling a canoe in wind, waves & currents, and embarking & disembarking in surf on both sandy and rocky shores Tandem & solo techniques, including eddy turns, peel offs & ferries
<b>Rescue</b>	Search & Rescue information	Rescue Techniques & innovations (rafting, sailing etc.)
<b>Recommended Reading</b>	<b>LNT Outdoor Skills &amp; Ethics</b> by Tami Pokorny, Leave No Trace Inc. 1-800-332-4100 <a href="http://www.lnt.org">www.lnt.org</a>	<b>Living Shores of the Pacific Northwest</b> by Lynwood S. Smith <b>A Field Guide to Western Birds</b> by R.T. Peterson <b>B.C. Marine Fish and Shellfish Regulations</b> <b>Waves and Beaches</b> by Willard Bascom
<b>Evaluation</b>	Suggested times: Theory & Examination - 12 hours Practical - one full day paddling (overnight trip preferred)	Suggested times: Theory & Examination - 12 hours Practical - one overnight trip

## OCEAN CANOEING INSTRUCTOR

Available only in RCABC Instructor's Manual.