

	Lakewater C-1	Moving Water C-1	Advanced Whitewater C-1
<b>Prerequisites</b>	Basic Solo Lakewater Level 2, challenge at instructor’s discretion.	Lakewater C-1, C - 1 (or equivalent) rolling component.	Moving water C-1
<b>Theory</b>	C-1 construction and repairs, knots and ropes, Equipment variations, outfitting, history of C-1/Canoe.	All C - 1 level 1 theory, C - 1 variations in design and function, care and repair of equipment, River reading, safety procedures/signals, flotation, outfitting, River Hydraulics/hazards, River grading systems, Environmental ethics	All C - 1 (flat-water and moving water) theory, play boating ethics, group safety, holes/ledges, wave dynamics and applications to C – 1
<b>Practical On Water Skills</b>	Entering/exiting C-1’s, embark/disembark, wet exits, carrying, Water hazards (wind/waves), braces, introduction to C - 1 roll. Carving turns (onside and off-side), reverse control, turning corners with momentum, spinning, introduction to “off-side” forward paddling, edge control (tilts), side slips, C - 1 test course.	All C - 1 level 1 skills, river rolling, surfing, ferries (back and forward), eddy turns and peel outs, S-turns, reading whitewater and hazards assessment, competency with C - 1 roll. C - 1 Level 2 Lakewater test maneuvers.	All C - 1 level 1+2 skills, offside paddling, back deck rolls, pirouettes, stern squirts, carving and surfing, spins, side surfing, carving and skidding, back paddling and offside reverse strokes, offside forward sweep, pivot turns, anatomy of a hole, back surfing, cartwheels (as boat permits), various advanced play-boating moves as allowed by water conditions, safety. C - 1 advanced flat-water test course. Boof Stroke.

	<b>Lakewater C-1</b>	<b>Moving Water C-1</b>	<b>Advanced Whitewater C-1</b>
<b>Strokes</b>	All strokes from flat-water solo open boat, “D” stroke, sculling draws, high braces, low braces, combination offside bow draw with onside sweep, off-side sculling draw, “blending” of strokes	All C - 1 level 1 strokes, Carving turns with blending of strokes.	All C - 1 level 1+2 strokes, “double pump” cartwheel strokes, blends and variations of strokes for all advanced moves, boof stroke.
<b>Duration</b>	12 hours, includes 4 hour rolling component	16 hours	16 hours
<b>Rescue</b>	Self-rescue, swimming to shore, deep-water C - 1 over C - 1 rescues, assisted rolling techniques, towing rescues.	Review of all flat-water rescues: throw bags, swimming in moving water, Towing rescues, boat bumping rescues.	Review of all C - 1 level 1+2 rescues.
<b>Recommended Reading</b>	Video: <b>Path of the Paddle</b> -solo by Bill Mason (N.F.B.) Book: <b>Path of the Paddle-Solo</b> , by Bill Mason <b>The C - 1 Challenge</b> , Kent Ford (Video).	<b>Basic River Canoeing</b> by bill McNair <b>Path of the Paddle</b> by Bill Mason-solo. <b>Thrill of The Paddle</b> by Mason/Scriver (book).	Ken Whiting’s Whitewater <b>Playboater’s Handbook</b> . <b>Thrill of the Paddle</b> , Mason/Scriver. Guide to Whitewater <b>Playboating</b> by Ken Whiting, Foster/Kelly.
<b>Evaluation</b>	50% competency completing the solo C - 1 circuit.	60% competency in up to Grade 2 using all moving water skills. C - 1 level 2 Lakewater maneuvers.	60% competency in all play boating moves in up to grade 3 water, C - 1 test maneuvers.