



Paddle Canada Programs

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In 1971, Paddle Canada (formerly the Canadian Recreational Canoeing Association) was formed to help co-ordinate the efforts of non-competitive canoeing and kayaking across Canada. The long term goals of the association included the development of standard skill sets for safe and enjoyable recreational canoeing and kayaking. By examining many avenues including existing programs, current trends and growth trends, Paddle Canada's first success was the creation of a national program for Canoeing. National standards for Sea and River Kayak as well as Stand-Up Paddleboard have also been developed as those activities have grown in popularity among recreational paddlers.

Lake Canoe

From Waterfront to advanced Lake Skills programs, the Paddle Canada Lake Canoe program is designed to introduce paddlers to the activity of canoeing. Emphasis is placed on boat control and teaching the participants the necessary skills and knowledge to be safe and have fun while on the water.

Moving Water Canoe

The Moving Water Canoe program offers paddlers the opportunity to increase their skill and knowledge of whitewater paddling skills from small currents to progressively more challenging whitewater (Class III rapids) conditions. Emphasis is placed greater boat control, safety, and the thrill of whitewater paddling.

It is recommended that those interested in Moving Water have Intermediate Lake Skills before entering the Moving water discipline.

Canoe Tripping

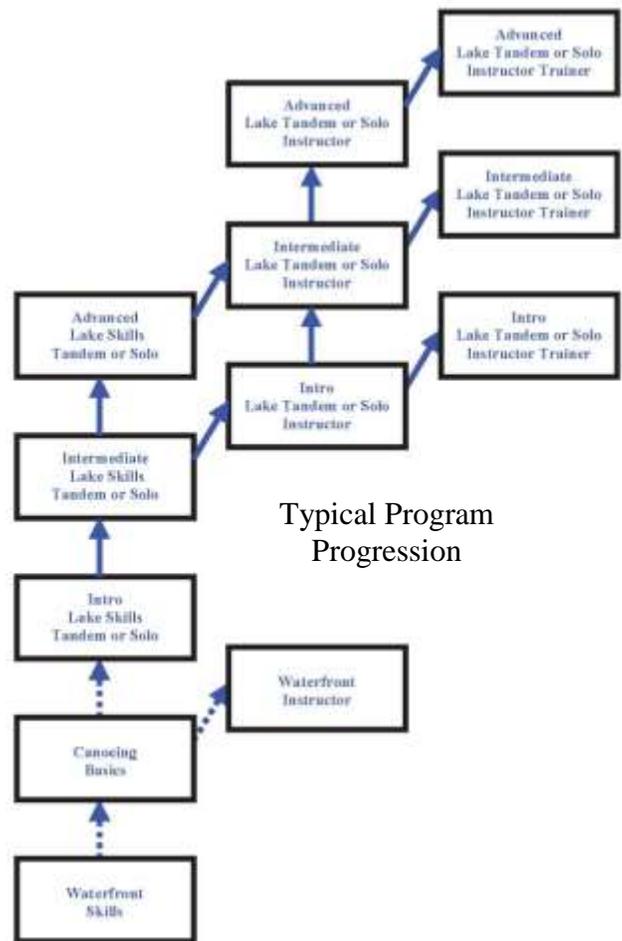
Expanding on the knowledge gained from the Lake and Moving Water programs the Canoe Tripping program offers paddlers the opportunity to increase their skill and knowledge base required for successful trip planning. At the entry level, the program outlines the skills required for 4 day/3 night trips with same day EMS and expands to include extended back country tripping at the advanced level. Unlike other disciplines there is no intermediate level for canoe tripping. There is an expectation that participants will complete Moving Water or Lake skills before the advanced tripping skills.

Style Canoeing

Style canoeing (also called: Omering or Classic Solo Canoeing) is a quite water paddling style that people often associate with dressage for canoes. The canoe is moved across the water in free flowing and graceful motions and routines. Paddlers have a high level of precise control over the canoe and can take the canoe through a series of precisely controlled maneuvers. Canoe dance (ballet) and American Freestyle are subsets or closely associated canoeing forms.

Paddle Canada Programs

- Canoeing
 - Waterfront program
 - Canoeing Basics
 - Lake Canoe
 - Moving Water
 - Canoe Tripping
 - Canoe Poling
 - Coastal Canoeing
 - Big Canoe Program
 - Style Canoeing
- Kayaking
 - Sea Kayaking
 - River Kayaking
- Stand Up Paddling



Tandem Lake Canoe (Intermediate) – At a Glance

Introduction

The Lake Program is designed to provide a solid foundation of knowledge and skills necessary for open water lake paddling. On completing the Intermediate Tandem Lake Canoe course you are considered an intermediate tandem lake canoeist, capable of performing a variety of rescues, demonstrating more advanced tandem canoeing skills (strokes and manoeuvres). The Tandem Lake canoe course should take two or more days (16 hours) of on water instruction time.

Aim

To expand on basic paddling skills and principles for open lake paddling, perform skills and manoeuvres with refinement and confidence, understand and appreciate environmental hazards, demonstrate safe canoeing and rescues.

Location

The course may take place on a pond or lake (sheltered, with little or no wind) and pool (for rescue related activities) or ocean (very sheltered, no current, with little or no wind). The distance from shore: within comfortable swimming distance from shore (based on the weakest swimmer or someone that doesn't know how to swim).

Assessment

Activities focus on safety and comfortable paddling along a calm shoreline. While there is a great deal to learn at this level, activities focus on progress, teamwork and an awareness of the need for future learning. Paddlers should leave the course encouraged to continue learning and aware of their individual limitations.

Paddling Skills

General

Launch/Remove along rocky shore

Paddling Concepts

Paddling Mechanics

Paddlers Box

Concepts

Momentum, Initiation, Tilt, Hold

Canoe Trim

Strokes

Basic intro strokes (fw/revs, draw, check, low brace)

Draw (sculling, in water recovery)

Bow Rudder

Cross Bow rudder/draw

Righting pry

J (and derivatives)

Sweeps

Reverse J

Optional Strokes

Canadian

Silent/Rolling J

Manoeuvres

100m Triangular Course

Side slip (5m)

Running side slip

Precise stopping

Dock landings

Figure 8

Reverse line

Knowledge

Canoe/paddle design, repair, material

Solo portage

Car transport

Basic repair

Emergency kit

Basic navigation

Safe environment

Day trip planning

Safety and Rescue

Theory

Weather Information

Exposure Aliments

Accident Prevention

Leadership ("Guided Excursions")

Principles of Effective Rescue

First Aid Kit knowledge/content

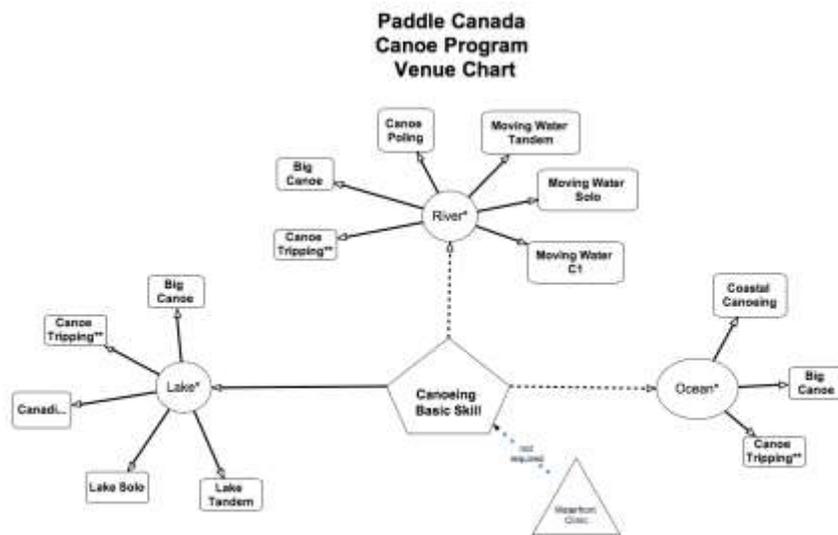
Practical

Deep water Exit/Entrance, Swim canoe to shore

Canoe/Canoe, Parallel Rescue – timed

Towing Canoe

Throw Bag use



Notes *There are three venue files (lake, river, & ocean); they are not courses.
**The canoe tripping course is the same course, regardless of its location in different venues.