



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

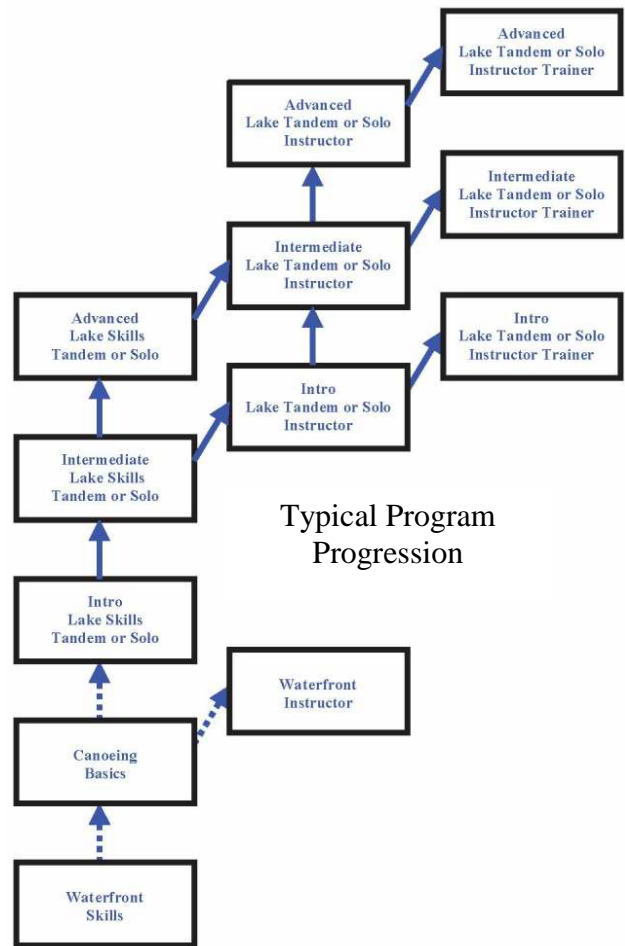
Expanding on the knowledge gained from the Lake and Moving Water programs the Canoe Tripping program offers paddlers the opportunity to increase their skill and knowledge base required for successful trip planning. At the entry level, the program outlines the skills required for 4 day/3 night trips with 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 (Introduction) – 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 Introduction Tandem Lake Canoe course you are considered a beginner tandem lake canoeist, capable of performing basic land and water-based rescues. Rescue techniques at this level teach self, as well as assisted rescues. The skills and knowledge gained at this level form the foundation necessary for confident and safe travel for day trips on a lake environment. The Tandem Lake canoe course should take 1 or more days (8 hours) of on water instruction time.

Aim

To introduce the novice paddler to paddling with a partner in shelter calm waters and introduce basic land and water rescue techniques.

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

Enter and exit a canoe
Switching sides
Paddling in cadence
Rafting up

Concepts

How to hold a paddle
Momentum, Initiation, Tilt, Hold
Canoe Trim

Strokes

Forward
Reverse
Check (stop)
Draw (above water recovery)
Pry or Push Away
J-stroke or Rudder
Low Brace

Optional Strokes

Forward Sweep
Reverse Sweep (for stern)

Manoeuvres

Forward Paddling (50 meters)
Wide Turns (Triangular Course)
Pivots
Left and Right turns
Docking
Switching Ends in the Canoe
Paddling in Cadence
Reverse Paddling (backing up)

Knowledge

Canoe and Paddle Design
PFD and Basic Equipment
Knowledge and Care
Basic Canoe Lifts and Carries
Basic Knots for Canoe Tie Down for Transports (truckers hitch & bowline if time permits)
Personal Equipment for short 1/2 day paddle (waterproofing, etc)
Choosing Safe Paddling Environments (resources available)
Leave No Trace Principles in relation to day paddling
Paddling Community Resources (local/regional/national associations/etc)
Course Limitations & Additional Course Resources

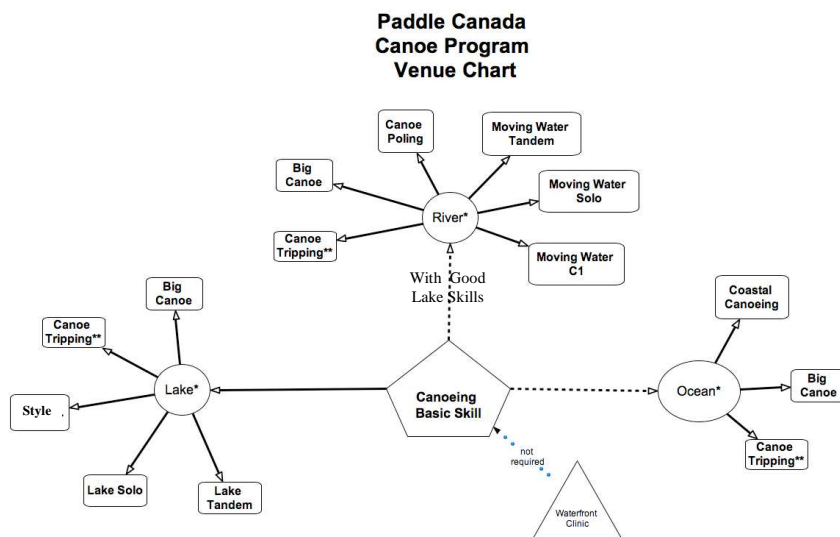
Safety and Rescue

Theory

Basic Environment Hazards
(Water/Wind/Waves/Weather) When to get off!
Hypothermia & Hyperthermia (being prepared)
Personal Preparation (clothing, water, snacks, medication, etc.)
Transport Canada Regulations and PC PFD Policy:
Always Wear It!
Safe Canoe Procedures

Practical

Rescue Procedures (TARETHROG = talk/reach/throw/row/go) & what happens in case of dump
Warm Up Activity
Empty a Swamped Canoe at Shore or Dock
Canoe over Canoe (rescuer)
Canoe Tows
Rafting Rescue (discussion)
Throw Bag used and attachment (discussion and practice if time permits)



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