

FLATWATER KAYAKING LEVEL B

One may proceed through the skill levels and not participate in the instructor levels

Flatwater Kayaking Level B is the second part of Flatwater Kayaking and is designed to complete the process of mastering the fundamentals begun in Flatwater Kayaking Level A. Water safety and safe kayaking practices are stressed. Upon completion of Flatwater Kayaking Level B, the successful course participant should have the knowledge, skills and confidence to plan and execute short (up to half-day) kayak tours with other similarly skilled individuals in sheltered waters.

OVERVIEW OF FLATWATER KAYAKING LEVEL B

Prerequisites

ORCKA Flatwater Kayaking Level A, equivalent certification or comparable skills and experience (with the permission of the Course Director).

Minimum Course Length

6 hours

Kayak Type

The candidate can use any type of a kayak that has a cockpit. Safety and skill items are to be accomplished without the use of a rudder or skeg. A spray skirt is to be used when appropriate.

Course Conditions

Sheltered. Wind – Calm < 18 km/h in protected inland waters (<10 km/h in offshore conditions in large bodies of water such as Great Lakes or similar). Sea state – < 0.5 m waves in protected inland waters (calm to rippled in offshore conditions in large bodies of water such as Great Lakes or similar).

Course Location

Sheltered. Enclosed sheltered area with easy landing options readily available. Alternatively, this course can be offered in a pool.

Safety

- Safety review *
- Wet exit
- Capsize the kayak
- Peer rescue
- Assisted roll rescue *
- Communications

Skills

- Lifting, carrying, launching and entering the kayak
- Landing, exiting and removing the kayak
- Forward paddling
- Sideward paddling
- Pivoting
- Turning
- Introduction to edging
- Manoeuvring in a confined space

- Preventing a capsize
- Securing

Theory

- Selection of equipment
- Equipment knowledge
- Kayaking history
- Government regulations
- Outdoor precautions
- Environmental awareness

Touring

- Personal risk management
- Awareness of others
- Windy weather precautions
- Access
- Planning
- Kayak tour

* non-test item