

# MOVING WATER KAYAKING LEVEL 1

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

The Moving Water Level 1 Kayaking Course is an introduction to whitewater kayaking for those with little or no experience in whitewater. Emphasis is placed on furthering the paddling and safety knowledge and skills of the kayaker (previously learned and practised on flatwater) in this new whitewater environment. Learning the skills to kayak in rapids and self rescue is the focus of this course.

## OVERVIEW OF MOVING WATER LEVEL 1

### Prerequisites

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

### Minimum Course Length

24 hours (3 days minimum).

### Course Conditions

Class I-II water (rapids)

### Course Location

The river location(s) being used for the Course must have sufficient eddies and other calm water to provide a safe learning environment.

### Safety

- Safety review
- Swimming a rapid
- Self rescue of a swamped kayak
- Unassisted roll rescue \*
- Rescue of others \*
- Throw bag rescue
- Communications

### Skills

- Skills review
- Controlling the kayak
- Bracing
- Crossing the eddy line
- Front ferry
- Side slip

### Theory

- Kayak design and construction
- Kayak outfitting
- Government regulations
- River morphology
- River reading
- Rescue priorities
- River first aid
- Environmental awareness

### River Running

- Equipment
- Day trip planning
- Running a shuttle

\* non-test item