



<b>Moving Water Level 3</b>	
<p>Moving Water Level 3 represents the highest level of skill development within the Moving Water discipline and provides the candidate with the opportunity to improve his/her moving water skills under more challenging Class III water (rapids). Moving Water Level 3 is designed to improve the paddler's efficient combined use of the current, stroke dynamics and boat design. Candidates taking this course should have considerable paddling experience beyond the Moving Water Level 2 Course. Moving Water Level 3 is also designed to prepare the candidate for the Moving Water Instructors 2 Course.</p>	
<b>Overview Of Moving Water Level 3</b>	
<b>Prerequisites</b>	
<p>ORCKA Moving Water Level 2 (tandem and solo) or River Running Level 2 (tandem and solo), equivalent certification or comparable skills and (with the permission of the course Director).</p>	
<b>Minimum Course Length</b>	
<p>Moving Water Level 3 – 48 hours (tandem and solo)          Moving Water Level 3A – 24 hours (tandem)          Moving Water Level 3B - 24 hours (solo)</p>	
<p style="text-align: center;"><b>Safety</b></p> <ul style="list-style-type: none"> <li>Swimming a rapid</li> <li>Canoe rescues</li> <li>River rescue</li> <li>Safety equipment</li> <li>Communications</li> </ul> <p style="text-align: center;"><b>Theory</b></p> <ul style="list-style-type: none"> <li>Canoeing history</li> <li>Canoe design and construction</li> <li>Paddler dynamics</li> <li>Day river tripping</li> <li>River first aid</li> <li>River reading</li> <li>River difficulty</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>Review of previous skill items</li> <li>Eddy Turn</li> <li>Peel Out</li> <li>S turn</li> <li>Front ferry</li> <li>Back ferry</li> <li>Jet ferry</li> <li>Side slip</li> <li>Front surf</li> <li>Side surf</li> <li>Portaging</li> <li>Rolling</li> <li>Advanced manoeuvres</li> </ul>