



River Running Level 1	
River Running Level 1 provides an introduction to whitewater paddling for those with little or no experience in whitewater. Emphasis is on tandem and solo canoeing skills, understanding whitewater principles and safety.	
Overview Of River Running Level 1	
Prerequisites	
ORCKA Basic Canoeing Level 4, equivalent certification or comparable skills and (with the permission of the course Director).	
Minimum Course Length	
River Running Level 1 – 32 hours (tandem and solo) River Running Level 1A – 16 hours (tandem) River Running Level 1B - 16 hours (solo)	
<p style="text-align: center;">Safety</p> <ul style="list-style-type: none"> Swimming a rapid Retrieving a swamped canoe Canoe over canoe rescue River rescue Communications <p style="text-align: center;">Theory</p> <ul style="list-style-type: none"> Canoeing heritage Canoe design and construction Canoe outfitting Moving water principles River reading River first aid Day trip planning Canoeing resources 	<p style="text-align: center;">Skills</p> <ul style="list-style-type: none"> Entering and exiting a canoe Landing Eddy turn Peel out S turn Front ferry Back ferry Front surf Portaging Lining, tracking and wading