



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

Safe Canoeing Program

The Safe Canoeing Program provides the first time paddler with basic safety and performance information relative to canoeing. By the end of the session it is expected that paddlers will have enough skill to safely enjoy some recreational paddling with a partner close to shore in calm conditions

Overview Of Basic Canoeing

Prerequisites

There are no canoeing prerequisites for the Basic Level.

Minimum Course Length

3 hours

<p>Safety</p> <p>Canoe over canoe rescue</p> <p>Theory</p> <p>Equipment knowledge</p> <p>Safe canoeing procedures</p> <p>Government regulations</p>	<p>Skills</p> <p>Launching and removing a canoe</p> <p>Entering and exiting a canoe</p> <p>Paddling positions</p> <p>Balancing</p> <p>Pivots</p> <p>Sideward displacement</p> <p>Forward straight line</p> <p>Stopping</p> <p>Landings</p> <p>Reverse straight line</p> <p>Lifts and carries</p>
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