



<b>Canoe Tripping Level 1</b>	
<p>Canoe Tripping Level 1 provides an introduction to canoe tripping for those with little or no tripping experience. Emphasis is on wilderness canoe camping skills and safety. As only Basic Canoeing Level 1 Tandem canoeing skills are required to undertake this course, it will normally be conducted in a calm or sheltered water environment. Canoe Tripping Level 1 prepares candidates to be safe, skilled and knowledgeable participants on short duration canoe trips lead by more experienced canoe trippers. It is expected that successful graduates of this course will progressively build their canoe tripping experience.</p>	
<b>Overview Of Canoe Tripping Level 1 (introduction)</b>	
<b>Prerequisites</b>	
<p>ORCKA Basic Canoeing Level 1 (tandem), equivalent certification or comparable skills and (with the permission of the course Director).</p>	
<b>Minimum Course Length</b>	
<p>Canoe Tripping Level 1 – 14 hours (excluding overnight canoe trip)          Canoe Tripping Level 1A – 8 hours (excluding overnight canoe trip)          Canoe Tripping Level 1B - 8 hours (excluding overnight canoe trip)</p>	
<p style="text-align: center;"><b>Safety</b></p> <ul style="list-style-type: none"> <li>Retrieving a swamped canoe (loaded canoe)</li> <li>Canoe over canoe rescue</li> <li>Self rescue</li> <li>Line toss and rescue</li> <li>Communication</li> <li>Personal and camp hygiene</li> </ul> <p style="text-align: center;"><b>Theory</b></p> <ul style="list-style-type: none"> <li>Canoeing heritage</li> <li>Canoe design and construction</li> <li>Trip planning</li> <li>Canoe tripping gear</li> <li>Clothing and personal effects</li> <li>Tools and repair kits</li> <li>Canoeing first aid</li> <li>Weather interpretation</li> <li>Environmental practices and concerns</li> <li>Canoeing resources</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>Canoeing</li> <li>Food and planning</li> <li>Packing</li> <li>Navigation</li> <li>Campsites and shelters</li> <li>Fires and stoves</li> <li>Knots</li> <li>Portaging</li> <li>Canoe trip</li> </ul>