

Intro Solo Skills

Safety and Rescue

- River hazards
- River anatomy
- Canoe stability
- Reading current
- River signals (whistle, paddle and hand)
- Swimming (being prepared)
- Shore rescue using a throw bag
- Water rescue: canoe over canoe, parallel/curl, canoe re-entry

Paddling Strokes

- Forward Stroke, Cross Forward
- Pry, bow pry and stern pry
- Bow cut, crossbow cut
- Forward and Reverse strokes
- Bracing

Manoeuvres

- Flatwater Drills (Forward Paddling, Pivots, Figure-8's)
- Launching and landing in current
- Front and back ferries
- Eddy exit and entry
- S-turns
- Lateral movement (side-slip)
- Navigating river bends

Concepts

- 2x4 Method
- Carving
- Canoe design
- Eddy pool, line, and wedge
- Current and current line
- Waves and standing waves

Knowledge

- Outfitting
- Personal preparedness
- Equipment for day tour

- Paddling within your ability
- Where to go from here (paddle courses and resources)