

Canoeing Qualifications

The Canoe Trip Leader Certification has come to an end and we are now looking at CRCA (Canadian Recreational Canoe Association) Certification Courses. To take girls out canoeing on a Lake the, CRCA Flatwater Level A to C certification will be required. In order to go on a river canoe trip the, CRCA Canoe Tripping Level 1 certification will be required. Along with the appropriate canoe course, canoeing experience will also be required before you can take the girls out in a canoe.

All CRCA Courses are listed below, along with an outline of what is included in each course. We will be offering a CRCA Flatwater Level A to C certification in the spring.

If you have any questions, please contact the Alberta Camping Committee.

Canadian Recreational Canoe Association Certification

CRCA Flatwater Level A to D

The Flatwater Level is designed to introduce the novice or relatively inexperienced canoeist to paddling. The emphasis is on mastering the fundamentals of canoeing, along with a strong grounding in water safety and safe canoeing practices.

Prerequisites – There are no canoeing prerequisites for Flatwater Level A.

Level A

This level is very basic, experience orientated introduction to canoeing.

Safety

- swimming
- retrieving a swamped canoe
- canoe over canoe rescue

Theory

- equipment selection
- equipment knowledge
- equipment care
- safe canoeing procedures

Skills (Tandem)

- launching and removing the canoe
- entering and exiting a canoe
- paddling positions
- balancing
- pivots
- sideward displacement
- forward straight line

- stopping
- landing
- lifts and carries

Level B

This is also a very basic, experience-orientated introduction to canoeing.

Prerequisites – CRCA Flatwater Level A

Safety

- swimming and treading water
- retrieving a swamped canoe
- canoe over canoe rescue

Theory

- equipment knowledge
- outdoor precautions
- safe canoeing procedures
- government regulations

Skills (Tandem)

- trimming
- changing positions
- inside and outside turns
- inside and outside circles
- inside and outside landings
- reverse straight line
- lifts and carries

Level C

This level builds on the skills introduced in Flatwater A and B by refining the techniques and performing the maneuvers with more precision.

Prerequisites – CRCA Flatwater Level B

Safety

- swimming and treading water
- canoe over canoe rescue
- re-entering canoe

Theory

- outdoor precautions
- windy weather precautions
- environmental awareness

Skills (Tandem)

- pivots
- sideward displacement

- forward straight line
- inside and outside circles
- inside and outside landings
- reverse straight line
- lifts and carries
- transporting canoe on vehicle
- canoe tour

Level D

This level introduces the canoeist to solo paddling.

Prerequisites – CRCA Flatwater Level C

Safety

- swimming and treading water
- retrieving a swamped canoe
- canoe over canoe rescue
- re-entering canoe
- review of safety items (Flatwater A, B, & C)

Theory

- canoeing history
- review of theory items (Flatwater A, B & C)

Skills (Solo)

- launching and removing canoe
- entering and exiting canoe
- paddling positions and trimming
- sideward displacement
- forward straight line
- inside and outside turns
- inside and outside circles
- stopping
- inside and outside landings
- reverse straight line
- lifts and carries

CRCA Lakewater Level 1 and 2

Level 1

Lakewater Level 1 is designed to perfect tandem paddling skills and to continue the development of solo paddling skills.

Prerequisites – CRCA Flatwater Level

Safety

- swimming and treading water
- retrieving a swamped canoe
- canoe over canoe rescue
- self rescue
- line toss and rescue

Theory

- canoeing heritage
- canoe design and construction
- canoeing dynamics
- canoeing first aid
- canoeing resources

Skills (Tandem)

- pivots
- sideward displacement
- circles
- reverse and forward straight lines
- landings
- triangular course in wind
- slalom course
- portaging

Skills (Solo)

- all of the above items, except triangular course in wind and slalom course

Level 2

Lakewater Level 2 represents the highest paddling skill level within the Lakewater discipline. The emphasis is on solo paddling with a high degree of precision and control. Candidates should enter this level with a fair degree of canoeing skill and some solo paddling experience.

Prerequisites – CRCA Lakewater Level 1

Safety

- review of previous safety items
- swimming and treading water
- artificial respiration using a canoe
- canoe over canoe rescue
- self rescue
- reaching assist and throw line
- triangular course in wind

Theory

- review of previous theory items
- canoeing history

- canoe design and construction
- canoe repair and maintenance

Skills (Solo)

- review of previous skill items
- pivots
- circles
- reverse and forward straight lines
- sideward displacement
- variations on core skills
- advanced maneuvers and routines
- slalom course
- paddling in groups
- portaging

CRCA Moving Water Level 1 and 2

Level 1

Moving Water 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.

Prerequisites – CRCA Flatwater Level

Safety

- swimming a rapid
- retrieving a swamped canoe
- canoe over canoe rescue
- self rescue
- line toss and rescue
- communications

Theory

- canoeing heritage
- canoe design and construction
- canoe outfitting
- moving water principles
- river reading
- trip planning
- canoeing first aid
- canoeing resources

Skills (Tandem and Solo in Class 1 – 11 water)

- entering and exiting canoe
- landing
- eddy turn

- peel out
- S turn
- front ferry
- back ferry
- side slip
- front surf
- side surf (solo only)
- portaging
- lining, tracking and wading

Level 2

Moving Water Level 2 represents the highest canoeing skill level within the Moving Water discipline and provides the candidate with the opportunity to improve moving water skills under more challenging Class 11 --111 water (rapids). Canoeists taking this Course should have considerable paddling experience beyond the Moving Water Level 1 course.

Prerequisites – CRCA Moving Water Level 1 (Tandem and Solo)

Safety

- review of previous safety items
- swimming a rapid
- artificial respiration using a canoe
- retrieving a swamped canoe
- canoe rescues
- self rescue
- line toss and rescue
- communications

Theory

- review of previous theory items
- canoeing history
- canoe design and construction
- canoe repair and maintenance
- paddling dynamics
- river reading
- river difficulty
- rescue organization

Skills (Tandem and Solo in Class 11 – 111 water)

- review of previous skill items
- eddy turn
- peel out
- S turn
- front ferry
- back ferry
- jet ferry
- side slip

- front surf
- side surf
- portaging

CRCA Canoe Tripping Level 1

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 theory.

Prerequisites – CRCA Flatwater Level, equivalent certification, or comparable skills and experience.

Safety

- swimming and treading water
- retrieving a swamped canoe
- canoe over canoe rescue
- self rescue
- line toss and rescue
- communications

Skills

- canoeing
- food and menu planning
- packing
- navigation
- campsites and shelters
- fires and stoves
- knots and lashing
- portaging
- canoe trip

Theory

- canoeing heritage
- canoe design and construction
- trip planning
- canoe tripping gear
- clothing and personal effects
- tools and repair kits
- canoeing first aid
- weather interpretation
- environmental practices and concerns

Canoe Tripping Level 2

Canoe Tripping Level 2, provides the experienced canoe tripper with the opportunity to improve her canoe tripping skills under more challenging conditions. Canoe Tripping Level 1 skills are reviewed and expanded upon. New skills and theory are introduced to enhance the leadership ability and potential of the candidate. The course involves a canoe trip, stressing organization, safety, leadership and risk and crisis management.

Prerequisites – CRCA Tripping Level 1, Lakewater Level 1A, Moving Water Level 1A, equivalent certification or comparable skills and experience. At least 25 nights of wilderness tripping experience, wilderness canoe tripping distances totaling 500 km (as mandated by the province affiliate association). At least 6 canoe trips in which the candidate was responsible for some of the organization and at least one wilderness canoe trip of 5 days or more.

Safety

- review of previous safety items
- swimming and treading water
- artificial respiration using a canoe
- canoe over canoe rescue
- self rescue
- line toss and rescue

Theory

- review of previous theory items
- canoeing history
- canoe design and construction
- canoe repair and maintenance
- wilderness first aid
- weather interpretation
- trip planning, reporting and assessment
- trip leadership
- risk management
- crisis management

Skills

- review of previous skills
- canoeing
- food and menu planning
- navigation
- knots, hitches, lashing and ropes
- portaging
- lining, tracking and wading
- canoe trip