



**PADDLE  
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# MOVING WATER TANDEM CANOE

**ST. JOHN'S & TERRA NOVA RIVER  
MAY 12, 13, 2018**

*A national canoe certification program*

## **About the moving water tandem canoe school**

**Aim:** This Moving Water Tandem Canoe course will provide you with many of the fundamental skills, knowledge, and manoeuvres required to paddle a canoe in whitewater.

**Location:** Long Pond in St. John's (first day) and the Terra Nova River (second day).

**Tuition:** \$225

**Includes:** certification and some group equipment.

**Excludes:** transportation, meals, canoes and personal equipment.

**Paddle Canada certifications available (for successful candidates):**

- Introduction Moving Water Tandem Canoe

**Prerequisites:**

Paddle Canada Intermediate Lake Tandem or equivalent, or permission of course director based on proof of prior learning and/or equivalent skill and knowledge.

**Equipment considerations:**

- Canoes: Participants are strongly encouraged to utilize canoes outfitted for moving water including thigh straps and additional flotation (air bags).
- Thermal Protection: Participants will spend time in the water either while trying maneuvers or during rescue training. A full body wet suit, or preferably a paddling dry suit, is required.

**Evaluation:**

Course evaluation will be conducted by on-going skill assessment. Participants will be evaluated on the completion of specific skills and acquired knowledge.

## Course Outline

*Note: We reserve the right to alter locations and the order of course components as necessary. Factors such as weather and course progression may require the schedule to be changed as needed.*

### Day 1 – May 12

Morning	Welcome, introductions, program overview <b>Theory 1:</b> River Canoe Features – flare, rocker, materials, outfitting, river paddles, safety equipment, river signals, etc. <b>Strokes 1:</b> pivots, power forward, J-stroke, river J, reverse stroke, reverse correction strokes, stern draw & pry.
Lunch	<b>Theory 2:</b> River Hazards, anatomy of a river, International River Classification System
Afternoon	<b>Strokes 2:</b> Running side slip, MITH, carving turns, entering and exiting eddies. <b>Rescue:</b> low brace and righting pry, canoe over canoe rescues.

### Day 2 – May 13

6:00 AM	Depart Village mall parking lot and drive to “The Ruins”, Terra Nova River (2.5 hr drive)
Morning	<b>Theory 3:</b> Portaging <b>Rescues:</b> self and shore <b>Manoeuvres 1:</b> Front ferries, back ferries, eddy turns, C-turns, S-turns
Lunch	<b>Theory 4:</b> Attainments
Afternoon	<b>Manoeuvres 2:</b> Circuits at Vulture’s Rock <b>Theory 5:</b> Scouting, Lining and Tracking <b>Manoeuvres 3:</b> River running strategies
4:00 PM	Debrief, course end

#### Your Instructors:

This moving water canoe school is offered through a partnership between the Newfoundland Kayak Company and Escape Watersports.

#### Richard Alexander

Richard served 9 years on the Board of Paddle Canada including 4 years as president. He is also the founding presidents of Newfoundland and Labrador’s original Canoeing and Kayaking associations (the NLPA and KNL). In 1997 he graduated from the College of the North Atlantic’s outdoor recreation program.

Richard did his first Canoe Instructor program in 1996 and today holds Instructor / Instructor Trainer status in multiple tandem and solo canoe programs including Lake, Moving Water, Style, Coastal and Canoe Tripping. He is also the author of Paddle Canada’s Coastal Canoeing Program.

In Sea Kayaking, Richard is one of only six individuals in Canada to hold the highest sea kayaking certification possible (level 3 Instructor Trainer) and was the first person in Canada to achieve that designation by completing the program.

Over the last fifteen years Richard has delivered more than 250 courses under Paddle Canada’s nationally accredited curriculum and has certified thousands of individuals.

### **Corey Locke**

Corey has been canoeing and kayaking for most of his life, and is the owner/operator of Escape Watersports. He has served as regional director on the Board of Paddle Canada and is currently a member of Paddle Canada's Canoe Program Development Committee (PDC). He was one of the members responsible for the redesign of the existing National Canoe Certification program and regularly provides input into the future direction of the program. He is also a former president of the Newfoundland and Labrador provincial Canoe club and remains very active in the paddling community.

Corey holds Instructor / Instructor Trainer status in multiple disciplines of canoeing including Lake, Moving Water, Canoe Tripping, Coastal, and Style. An enthusiast of canoe/kayak tripping, Corey has travelled extensively throughout the lakes, rivers and coastal environments of Newfoundland and Labrador.

Corey has been delivering Paddle Canada's nationally accredited paddle programs for the past 12 years.

### **Contact Information:**

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