

# **Churchill River Canoe Outfitters**

## **Introduction/Intermediate Moving Water Skills**

**July 3-5, 2015**

Thank-you for your interest in our Whitewater Canoe Course. Here you will find the following:

- \*a schedule,
- \*a list of the prerequisite skills,
- \*a list of the skills that will be required to pass the course,
- \*a list of what CRCO supplies,
- \*a list of what to bring

The total fee for the course is \$520 plus GST. Please include a \$110 deposit with your application form. The maximum number of participants allowed per instructor is 8. The minimum number of participants for a course is 4

### **Schedule**

**Friday, July 3:**

9 A.M. Meet at the CRCO office in Missinipe. From here we will get organized, drive up to Devil Lake and paddle to Barker Lake (about 4 km). We will set up our base camp on Barker Island. The course will take place in the rapids around Barker Lake. The majority of Friday's instruction will consist of review and flat water skills

**Saturday, July 4:**

The day will be spent in instruction and practice in class I and II rapids.

**Sunday, July 5:**

The morning will be spent in instruction and practice. After lunch, we will begin to paddle back to Devil Lake and will have the option of running Otter Rapids. CRCO provides a BBQ dinner and certificate presentation at 5:30 if you can stay! Everything will be wrapped up by 6:30.

## Prerequisite Skills

Since this is only a very short course it is important to come with the required skills in order to allow the school to run smoothly. We offer a pre course for \$125 on Thursday, July 2 to brush up on these skills. These are the prerequisites:

- \*you are a good swimmer and are not afraid of water.
- \*you can paddle a straight line from the stern as a stern paddler without switching sides.
- \*you have your Introduction to Flat Water certification, or equivalent experience (practical knowledge of J-stroke, sweeps, draws, pries)

## Testing Items

Safety Knowledge:

- \*canoe over canoe rescue
- \*throw bag rescues - including throw bag self-rescues
- \*swimming a rapid

Demonstrate: (in class I to II rapids)

- |  |                          |
|--|--------------------------|
| *entering and exiting a canoe                | *landing in moving water |
| *basic front surfing.                        | *C turns.                |
| *S turns.                                    | *back ferrying.          |
| *front ferrying.                             | *eddy turns.             |
| *paddling a pre planned course down a rapid. |                          |
| *side slipping                               | *portaging               |
| *lining, tracking and wading                 |                          |

Other:

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| *canoe and environmental ethics. | *river running theory.              |
| *reading whitewater.             | *knowledge of river classification. |
| *outfitting a canoe              | *canoe design and construction      |

Any participant showing the above abilities by the end of the school will receive a certificate from CRCO and Paddle Canada stating they have passed the Intro/Int Moving Water Tandem course.

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Course Equipment Information

**YOU SUPPLY:**

1. Clothing
  - a) 2 changes of clothes. We will be getting wet so be prepared!
  - b) a sweater for cool days and nights
  - c) a hat with a good sun shield and a pair of sunglasses (with safety band).
  - d) a few pairs of socks (preferably wool)
  - e) 2 pairs of shoes - one for wearing while canoeing (they'll get wet) and one for keeping dry to wear in camp. Water shoes should have something to keep your toes safe. Flip flops do not count as water shoes!
  - f) a bathing suit and a pair of shorts for hot weather.
2. Sleeping bag and sleeping mat (can be provided by CRCO if necessary)
3. Rain gear
4. Personal necessities: toiletries, towel, sun screen, etc.
5. Tent. Make sure it has a good rain fly. This too can be provided by CRCO.
6. Optional:
  - a) Camera. Well waterproofed.
  - b) Headlamp.
  - c) Book.
  - d) Note pad and pen for notes
7. Water-proof pack. CRCO has water-proof barrels to use if necessary.

**CRCO SUPPLIES:**

Well qualified, fun loving instructors. Great food carefully prepared over an open fire.  
All utensils required for cooking and eating. All other emergency and course equipment.  
Canoes, PFD's, paddles and helmets. You are welcome to supply your own  
PFD's/paddles if you would prefer. Our canoes are 16 and 17' Royalex Trailhead  
Prospectors