

Intro Moving Water Tandem Canoeing

Course Overview

Looking to dip your toes into the world of tandem river canoeing? This course introduces paddlers to the essential strokes, manoeuvres, and safety considerations necessary to gain confidence paddling on introductory rivers. It begins with a morning on the lake and progresses to two Class I rivers throughout the weekend to develop skills great for day trips and multi-day adventures.

Course Topics

Lake

- Theory (Risk management, all about canoes, intro to carving)
- Canoe Strokes (Draw, pry, stern draw, stern pry, bow draw, bow pry)
- Manoeuvres (Straight lines, spins, side slips, reverse straight lines)

River

- Theory (River safety, continuation of carving, reading current, transporting canoes)
- Manoeuvres (Ferrying, eddy exits, eddy entrances, s-turns)

Prerequisites

Comfortable in and around water

Upon Completion of the Course

Participants will gain confidence maneuvering their canoe on both flat water and Class I moving water with an understanding of risk management.

Participants will also have the opportunity to achieve a Paddle Canada *Introduction Tandem Moving Water Canoe Skills* certification.

What We Provide

- Canoe
- Paddle
- Throw bag
- Bailer
- Life jacket with whistle

If you have your own life jacket, you are welcome to bring it for a better fit

What to Wear: Drysuit or wetsuit is mandatory

- Secure, closed toe shoes with a grippy sole for slippery rocks (old runners are great!)
- On the first morning you will not need to wear it to begin the course but please bring it.
- To stay warmer, a wetsuit is available to rent locally at Pacific Pro Dive
- Rescue Canada, based in Chilliwack does rent drysuits and will ship. James Byrne equipment.services@rescuecanada.ca
- If using a wetsuit, quick-dry, weather appropriate layers (avoid jeans or cotton) such as a windproof layer or raincoat can be layered on top.

What to Bring

- A full change of clothes for after the river, including shoes
- A packed lunch
- Water bottle
- Towel

Contact Information

For further questions, please email: lessonstours@comoxvalleykayaks.com

For urgent inquiries, please call or text Viki @ (306) 230-4030 (text preferred). We look forward to seeing you on the water!
