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FLATWATER KAYAKING SKILLS

COURSE INFORMATION	SAFETY							THEORY										SKILLS																	LEVEL AWARDED
Instructors, Dates, Location:	Wet Exit	Retrieving a Swamped Kayak	Eskimo Rescue	T-Rescue	Radting			Boat Design	Boat Outfitting	Clothing	Safety Equipment	Paddles	Injury Prevention	Equipment Care	Kayaking Resources			Lifting and carrying a kayak	Forward Paddling	Reverse Paddling	Forward Sweep Stroke	Reverse Sweep Stroke	Draw Stroke	Low Brace	Edging										
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SEA KAYAKING LEVEL 1 SKILLS

COURSE INFORMATION	SAFETY							THEORY										SKILLS																	LEVEL AWARDED
Instructors, Dates, Location:	Eskimo Rescue	Unassisted re-entry	Assisted re-entry	Towing	Communication/signlas			Equipment	Journeying and Seamanship	Safety	Kayaking Resources							Lifting and Carrying a Kayak	Launching	Landing	Forward Paddling	Stopping	Reverse Paddling	Forward Stroke	Reverse Stroke	Forward Sweep Stroke	Reverse Sweep Stroke	Edge Control	Draw Stroke	Sculling Draw Stroke	Low Brace	High Brace	Stern Rudder		
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SEA KAYAKING LEVEL 2 SKILLS

COURSE INFORMATION	SAFETY							THEORY										SKILLS																LEVEL AWARDED
Instructors, Dates, Location:	Assisted Rescues	Unassisted Rescues	All In Rescue	Rolling	Towing	Communication / Signals	Knots	Equipment	Journeying and Seamanship	Preparation	Navigation and Route Selection	Weather and Sea Conditions	Group Awareness	Communication	Knots	Kayaking Resources		Launching	Landing	Forward Paddling	Turning Strokes	Sweep Stroke	Low Brace Trun	High Brace Turn	Bow Rudder	Draw	Low Brace	High Brace	Stern Rudder						
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SEA KAYAKING LEVEL 3 SKILLS

COURSE INFORMATION	SAFETY							THEORY										SKILLS																	LEVEL AWARDED
Instructors, Dates, Location:	Assisted Rescues	Unassisted / Self Rescues	All In Rescue	Rolling	Towing	Communication / Signals	Knots	Journeying and Seamanship	Knowledge	Equipment	Navigation and Route Selection	Weather and Sea Conditions	Leadership	Group Awareness	Communication	Safety Management	Kayaking Resources	Launching	Landing	Forward Stroke	Forward Sweep	Reverse Sweep	Reverse Stroke	Low Brace Turn	High Brace Turn	Draw	Sculling Draw	Low Brace	High Brace	Bow Rudder	Stern Rudder				
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SEA KAYAKING LEVEL 4 SKILLS

COURSE INFORMATION	SAFETY							THEORY											SKILLS																LEVEL AWARDED
Instructors, Dates, Location:	Rolling	Unassisted re-entry	Assisted Rescues	Towing				Journeying and Seamanship	Navigation and Route Selection	Weather Interpretation/Forecasting	Camping Skills	Group Awareness	Handling Incidents	Night/Fog Excursions	Communication	Safety	Emergency Procedures	Kayaking Resources	Performance	Varyingtechnique	Towing	Launching	Landing	Manoeuvering	Control										
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