

Outdoors Category



White Water

1. Requirements :

- a) Describe the effects on the craft of rocker, wind, river current and load positioning (including paddlers). _____
- b) Discuss the following parts of a rapid, sweeper, keeper, souse hole, haystack, roller, whirlpool, eddy, deep water V, submerged rocks, areas of strong current, and eddy line. Discuss the importance of scouting a rapid before entering it. _____
- c) Select and wear a properly fitted PFD and helmet. _____

2. Suitable equipment :

- a) Discuss Provincial regulations on PFD's and demonstrate proper use. _____
- b) Discuss the importance of a helmet. _____
- c) Discuss the advantages and disadvantages of three hull material. (Royalex ABS, Fibreglass, Aluminum etc.) _____
- d) When would a wet or dry suit be necessary. _____
- e) Demonstrate accurate throwing with a throw bag. _____
- f) Demonstrate appropriate footwear. _____

3. Paddle Strokes :

In moving water demonstrate an effective :

- a) High Brace _____
- b) Low Brace _____
- c) Sideslip left and right _____
- d) Back paddling _____
- e) Eddy in and eddy out on the left and right _____
- f) Up stream ferry left and right _____
- g) Down stream ferry left and right _____

4. General Knowledge :

- a) Demonstrate what to do if capsized. _____
- b) From the International River Classification System describe Class 1, 2, 3 Rapids. _____
- c) Considering your skill level, strength and the type of equipment you are using, what would make a rapid unrunable for you ? _____