

IPP flat water				
Level 1	Level 2	Level 3	Level 4	Level 5
Basic course	Advanced course	Instructor level	Guide level	Open sea guide level
<i>Prerequisite:</i> swimming skills	<i>Prerequisite:</i> basic course or equivalent	<i>Prerequisite:</i> basic and advanced courses or equivalent	<i>Prerequisite:</i> Skill test 1 or equivalent	<i>Prerequisite:</i> experience 3500km and Skill test 2 or equivalent
<i>Aim:</i> safe training independently	<i>Aim:</i> copes with longer distances	<i>Aim:</i> sheltered coastal and lake areas (Skill test 1)	<i>Aim:</i> sea and lake areas (Skill test 2)	<i>Aim:</i> open sea and large lake areas (Skill test 3)
<i>Knowledge:</i> Base of paddling and equipment Equipment security check Basic equipment maintenance Personal clothing Protection for cold, hypothermia and sun Nutrition and fluid Hand and paddle signals Movement in the area Effect of circumstances Other water transport	<i>Knowledge:</i> Map reading Distance estimation Using a compass Declination Identifying current location with map and landscape	<i>Knowledge:</i> Proper equipment Equipment security check Compass direction Direction between two points Declination Identifying current location with map and landscape	<i>Knowledge:</i> Equipment adjustments Trimming Equipment maintenance Map trip planning Navigation (also at night)	<i>Knowledge:</i> Equipment use and maintenance Emergency and first aid equipment Knowledge of National land/water/nature access regulations Movement in the area Forecasting the weather Navigation Water transport rules Communication Waste disposal
<i>Technical skills:</i> Lifting and carrying Paddling posture Leave and return to the pier and the natural beach Forward paddling Reverse paddling Stopping Sweep stroke Stern rudder Bow draw Draw stroke or Sculling draw Steer using body weight Balance Low brace Kayak/canoe transportation Kayak: rudder and skeg or Canoe: J-stroke	<i>Technical skills:</i> Side slipping High brace Canoe: cross bow draw Kayak: asymmetrical grip of the paddle or Canoe: tilting	<i>Technical skills:</i> Out and back in kayak or canoe Forward paddling Reverse paddling Stopping Sweep stroke Stern rudder Bow draw Draw stroke or Sculling draw Tilting Low brace on paddling High brace Kayak: rudder and skeg Kayak: asymmetrical grip of the paddle or Canoe: J-stroke	<i>Technical skills:</i> Forward paddling Steer using body weight Paddle usage technique Paddling in waves Surf Low brace on paddling High brace	<i>Technical skills:</i> Paddling in waves Use drift chute Changes of direction Stern rudder Bow draw Tilting Low brace High brace
<i>Rescue:</i> Actions in the event of a fall Swim with boat and paddle Using kayak/canoe ferry	<i>Rescue:</i> Paddle float Towing a person Towing a kayak/canoe Kayak: X-(T-) rescue or Canoe: rescue	<i>Rescue:</i> Actions in the event of a fall Rescue as rescuer and rescued	<i>Rescue:</i> Using a throwing rope Towing a person Towing a kayak/canoe Rescue as rescuer and rescued Kayak: swimmer on the back deck or Lifting the swimmer into the canoe Kayak: eskimo roll or Canoe: self rescue	<i>Rescue:</i> Towing a person Towing a kayak/canoe All swimming - the situation Kayak: eskimo roll or Canoe: self rescue

Courses and tests can be done by kayak or canoe. In the skills test, the passing score has been 80% of the maximum, which has been 25-30 points depending on the level. The test also shows the test taker the areas of paddling that he has the weakest control over, which he needs to develop further.