

AMERICAN CANOE ASSOCIATION

Kayak Rolling

Content should be maintained and remain consistent with this Outline. However, Instructors may use their own discretion and creativity in terms of scheduling and teaching style.

Goal: To introduce paddlers to the technique of rolling.

Objectives: Participants will be introduced to:

1. Learning proper boat fit and adjustment for effective rolling
2. Learning safe and effective wet-exit technique
3. Learning the bow rescue
4. Learning techniques for effectively rolling the kayak
5. Learning proper body positioning and head placement for executing a roll
6. Learning the mechanics of a roll

Time: 2-6-hour

Place: Ideal conditions would be an indoor heated pool. If not available, a calm, warm, shallow water environment would suffice.

Content:

40 Minutes Introductions and Dryland Orientation

Enrollment/Registration/Liability Welcome and Introductions

Student and Instructor Expectations

- Equipment-familiarity, fit and adjustment
- Environment-underwater learning
- Physical-flexibility, fatigue
- Emotional-fears

-Cognitive-information overload

Equipment Orientation

- Whitewater vs. sea kayaks
- PFD's and sprayskirts

20 Minutes Stretching/Boat Fit and Adjustment

Stretches focusing on hamstrings, forearms, wrists, neck body rotation

Boat fit and adjustment

Lower body boat control (emphasize points of contact)

Hip snap demonstration, explanation and dryland practice

20 Minutes Wet-exit Demonstration and Practice

Dryland wet-exit demo and practice (tuck, pound, pull and push)

Safe launching and landing from pool's edge

On-water wet-exit practice (one-on-one supervision in shallow end)

10 Minutes Roll Demonstration (Depends on type of roll being taught)

C to C Roll or Extended paddle roll (show the breakdown into 3 components (setup-sweep-hip snap)

Sweep Roll (show breakdown into 2 components (setup-sweeping high brace w/hip snap)

30 Minutes Hip Snap Development through Rescue Progression

Demonstrate using Whole-Part-Whole method
Breakdown bow rescue into components and have students practice w/ partner

Emphasize hip snap development keeping head down
Allow time for rest

Provide constructive feedback

1 ¾ Hours Roll Progression

Hip snap refinement

-Instructor supports student by holding their hands on their on-side

-Student rolls to a partially submerged position on their on-side

-Student rolls away from the instructor (hands placed next to off-side knee)

Set-up position

-Acquaint student with proper hand placement and indexing of paddle

-Student rolls to the on-side (instructor supports student by PFD just above water surface and guides paddle from the set-up to the sweep position

-Allow student to set-up and sweep on their own with your support

-Student rolls away from the instructor in the proper set-up position (instructor awaits for paddle to surface and then helps guide paddle into proper sweep position and provides support for hip snap)

Putting it all together

-Guide paddle into position by lightly supporting the sweeping blade ensuring proper blade angle and orientation

-Minimally assist by standing at stern and twisting boat upright if needed

-Revisit any previous step to further develop needed skills

Carefully observe students for fatigue and confusion

Encourage students to work with partners when they are awaiting their one-on-one time

Provide and encourage breaks

15 Minutes Conclusion/Course Wrap-up

Provide individual feedback to students before exiting pool

Group debrief of how course went

Explain what is next in their learning progression

Course evaluation

Evaluation: Students will be evaluated on their ability to:

1. Effectively roll the boat using their hips
2. Keep their head down when surfacing
3. Sweep the paddle with proper blade orientation at the surface
4. Arch their body close to the surface during the sweep

5. Maintain a horizontal shaft during the high brace when rolling the boat
6. Complete the roll with the proper finish position
7. Maintain proper hand and armpositioning to prevent injury

References:

2001 Jason Design, (Video) First Roll
1993 Paul Dutky, The Bombproof Roll and Beyond
1992 Rapid Progression (Video) Grace Under Pressure

Equipment: Properly outfitted and sized kayaks

Revised By: Ray Killen, CK IT –Jan 15, 2003 Reviewed
by CKC 2005.