



AMERICAN CANOE ASSOCIATION QUICKSTART YOUR KAYAK

COURSE DESCRIPTION

PURPOSE- To make available a short program emphasizing safety, enjoyment and skill acquisition for entry level paddlers

Prerequisites: None

Course Duration: 3 hours or more at Instructor's discretion

Venue: Quietwater

COURSE CONTENT

The following is a summary of course content for the Quickstart Paddling program. The content and sequence of instruction should be arranged to best fit the students' needs, classroom location and time allowances.

Introduction and Logistics (10 minutes)

Welcome
Introduction of instructors and participants
Course overview with expectations and limitations, and timeframe
Waiver, assumption of risk, and medical form
PFD policy (wear at all times on water)
Site specifics: sequence, regrouping, toilet facilities, and alternate possibilities

Personal Preparation (5 minutes)

Personal Behavior:
No alcohol/ substance abuse
Private property rights
Litter
Etiquette (at put-in & take-out, on water, noise)
Personal Skills:
Swimming ability (identify non-swimmers in class)
Physical fitness and warm ups (see handout)
Paddling and boat handling
Safety and rescue
(Optional) first aid and CPR
Personal Equipment

Safety & Rescue (40 minutes)

Life jackets (PFD): types, materials, correct fit

Possible Hazards:

Current

Strainers

3 W's- wind, waves, weather

Hypothermia-Help & Huddle, appropriate clothing

Hyperthermia-hydrate often and early, appropriate clothing

Rescue:

Rescue Sequence: RETHROG

Rescue Priorities: people, boats, gear

Demonstrate or Discuss:

Water confidence and comfort test

Effective rescue techniques

Equipment (15 minutes)

Canoe: types, parts, materials

Paddles: types, parts, hand positions, sizing

Getting Started (30 minutes)

Car Topping: racks, tie downs, loading and unloading

Kayak Carries

Launching: from land or docks

Trim

Positions of paddle and posture

Terminology: onside, offside, etc.

Maneuvers (1 hour, 45 minutes)

Forward: Hull moves forward in a straight line.

Forward Stopping: boat stops within a reasonable distance.

Spin: (onside & offside) Hull pivots from standstill.

Turn: Hull turns while underway

Abeams: Hull moves sideway from standstill

Conclusion (15 minutes)

Course Review

Course Limitations (not advanced)

Need for further instructions, practice, and experience

Demo a forward stroke with thumb down correction as an advanced maneuver

ACA membership/participation cards



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Local paddle clubs or groups