



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:

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

Time: 2-6-hours (at the discretion of the instructor)

Location:

Ideal conditions would be an indoor heated pool.

If not available, a calm, warm, shallow water environment would suffice.

Course Content:

Introductions and Dryland Orientation

(40 minutes)

- 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

Stretching/Boat Fit and Adjustment

(20 minutes)

- 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

Wet-exit Demonstration and Practice

(20 minutes)

- 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)

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

- 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)

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Hip Snap Development through Rescue

Progression (30 minutes)

- 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

Roll Progression (1 ¾ hours)

- Hip snap refinement
 - Instructor supports student by holding hands on the on-side
 - Student rolls to a partially submerged position on the 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 setup 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 weeping 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

Conclusion/Course Wrap-up

(15 minutes)

- 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 arm positioning 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