



## SmartStart Paddling Orientation

**COURSE OBJECTIVE:** To expose participants to the basic safety and paddling skills.

**PARTICIPANT QUALIFICATIONS:** None

**MINIMUM PERSONAL EQUIPMENT:** None

**COURSE DURATION:** 50 minutes

**LOCATION:** Flatwater with no current and limited wind conditions

**SUCCESSIVE COURSES:** Quickstart, Introduction to Kayak, Introduction to Canoe

### 1) GETTING STARTED (SmartStart presentation 15 minutes)

- Welcome
- Know Before You Go!
- Be Considerate of Others
- Pay Attention
- No Drugs or Alcohol
- PFD and how to wear it! Types
- Cold Water
- Keep it Stable
- Weather and Waves
- Hazards
- Getting Wet/Self Rescues
- The Law and You
- Learning More

### 2) PRE LAUNCH (5 minutes)

- Parts of the boat/paddle
- How to board

### 3) ON WATER (30 minutes)

- Principles of paddling
- Strokes
  - a. Kayak: Forward, Sweeps, draw to the hip, back (at 45 degrees)
  - b. Canoe: Forward switch, (*Stern Only: Forward w/rudder*), draw to the hip, back.

- Maneuvers
  - a. Paddle in a straight line
  - b. Spin boat on center axis
  - c. Move boat laterally without forward direction
  - d. U-Turn (Wide arc)
  - e. Stop in reasonable distance

### 4) CONCLUSION

- Course Review
- Course Limitations (not advanced)
- Need for further instructions, practice, and experience
- ACA membership/participation cards
- Local paddle clubs or groups

### NOTES

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