

# AMERICAN CANOE ASSOCIATION

## Essentials of Canoe Touring

Purpose: To teach beginner paddlers to safely and enjoyably canoe on quietwater.

Pre-requisites: none.

Suggested duration: Skills Workshop 8 hours.

Location: Flatwater

Class Ratio:

**Tandem:** 1 Instructor to 6 students, 2 to 12 with a qualified assistant

**Solo:** 1 Instructor to 5 students, 2 to 10 with qualified assistant.

Succeeding courses: Freestyle Canoe

### COURSE OUTLINE

#### Introductions and Logistics

Welcome

Course expectations, limitations and schedule

Review waiver/assumptions of risk and medical disclosure.

PFD Policy (always worn on the water)

No alcohol/dangerous drug use.

Respect private property, litter, noise, etc.

Proper etiquette on and off the water.

Site-specific procedures, regulations, and locations.

#### Personal Preparation

Learning Judgment.

Group Equipment: extra paddle, drybags, first aid kit and rescue equipment.

Guidebooks, maps, local knowledge.

Assessing current environmental conditions including: Weather, time of day, water and air temperature, and accessibility.

Assessing personal and group dynamics (skills, equipment, group makeup, logistics, and leadership).

#### Equipment

Life Jackets (PFDs): types, fit

Canoes: types, materials, parts (including safety features such as flotation).

Paddles: types (straights, bents), materials, parts, sizing, hand position.

Care of equipment.

Personal equipment: water, food, shoes, hat, sunscreen, bug repellent, sun glasses, eyeglass straps, protective clothing for heat or cold, sponge, bailer/pump, whistle, knife, light.

Optional equipment and outfitting.

#### Getting Started

Warm up and stretching

How to pick up a canoe safely.

Car topping: loading and unloading, racks, straps.

Launching and landing.

Boarding, three points of contact, keep weight low, etc.

Positions in the canoe, sitting, kneeling, etc.

Posture, rocking and balance.

Water comfort and confidence.

How to empty a canoe.

Basic Terminology: onside, offside, etc.

Types of strokes: power, turning.

Stroke components: catch, propulsion, recovery (CPR)

Safe and effective body usage.

#### SAFETY AND RESCUE:

Exercising Judgment, Safety as a mind-set, etc.

Hypothermia: help/huddle, clothing

Dehydration: hydration, clothing

Hazards: wind, waves, weather, current, rocks, bridges, dams, strainers

Rescue:

Rescue sequence: RETHROG

Rescue priorities: people, boats, gear

Demonstrate/participate:

Water confidence and comfort test

How to empty a boat full of water

Swim boat to shore

Boat-over-boat rescue

Deep-water re-entry, with sling, scooping.

#### PADDLING CONCEPTS:

Canoe physics: pull the paddle, push the canoe

skid turns, steer from rear, etc.

Paddle physics: vertical blade, vertical shaft

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Body physics: torso rotation, shoulder injury, etc.

Stroke parts: catch, propulsion, recovery

Apply general paddling concepts:

Vertical paddle not carried past body

Tandems: opposite sides, in cadence, etc.

Switch sides for fatigue and steering

### **STROKES AND MANEUVERS:**

#### **Strokes:**

Forward w/Switch, w/bent paddles

Forward, J and C corrections

Cross forward

Back

Draws: abeam, static, to bow, to stern

Cross draws: abeam, static, to bow

Pushaway/Pry

Sweeps: Forward and Reverse.

#### **Maneuvers:**

Forward: travel in reasonably straight line

Stopping: stop in a reasonable distance

Spin: pivot in place

Turn: turn in arc while underway

Moving abeam: boat moves sideways without headway

Stop turns (onside and offside)

Sideslips: boat moves sideways with headway.

### **NEXT STEPS:**

Course review

Course limitations (not a river course)

Need for more instruction, practice, and experience.

Demo an advanced maneuver

Trip planning - 6P's: prior, proper planning prevents

poor performance

Life sport/paddling options

Local paddling groups/clubs

ACA membership forms/participation cards

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