



Advanced White Water Canoe – Tandem Level 5 (Class III)

COURSE OVERVIEW/PURPOSE: To take the skills and knowledge the student has learned in the Class II White Water course and apply them to Class III water. Added to those skills are the finer points of reading white water, boat control, safety and good judgment. The focus is more on how to use the river and “play” the river, and the increased hazards of paddling on Class III white water.

COURSE OBJECTIVES: Participant will learn

- Increased hazards of paddling on Class III
- Finer river reading skills
- Improved boat handling skill and placement in Class III
- Finer development of strategy for running rapids
- Improved eddy turns
- Improved ferries
- Front surfing
- Importance of paddling with a strong group
- Importance of strong rescue skills

PARTICIPANT’S QUALIFICATIONS: Be able to physically perform the above task and be in good health. Be able to keep head above water when wearing a properly fitted PFD. Must have taken White Water course or have the equivalent skills and knowledge.

MINIMUM PERSONAL EQUIPMENT FOR THE CLASS: Properly fitted PFD, canoe paddle, tandem canoe, thigh straps, air bags, foot braces, helmets and appropriate clothing for weather and immersion.

COURSE DURATION: 1 Day (6-8 hours)

LOCATION/VENUE: This class is taught on white water up to and including Class III.

INSTRUCTORS: ACA Advance White Water Tandem Canoeing Instructor or higher

PARTICIPANT/INSTRUCTOR RATIO: 6:1 or with a qualified assistant the ratio can be 12 participants

SUCCESSIVE COURSES: River Safety and Rescue, Rolling an Open Canoe

**American Canoe Association
Advanced White Water Canoe – Tandem
Level 5 (Class III)
Course Outline**

The following is a general summary of course content for Advance White Water Tandem Canoeing (Class III). The content and sequence of instruction should be arranged to best fit the student's needs, safety, the class location, and time allowance.

- 1) **Introduction and Expectations**
(30 minutes)
 - Enrollment/registration/liability
 - Welcome and Introductions
 - Student and Instructor expectations
 - Course Itinerary and sight logistics
 - No alcohol/dangerous drugs
 - Proper etiquette on and off the water
 - Respect private property, litter, noise and Leave No Trace
- 2) **On Shore Presentations**
(30 minutes)
 - Personal clothing, wetsuits, helmets and gear
 - PFDs,
 - Safety equipment
 - Check air bags, thigh straps and boats
- 3) **EQUIPMENT CHANGES**
(20 minutes)
 - Canoe design, materials and outfitting
 - Design features favorable to white water
 - Materials that are favorable to white water
 - How to outfit a canoe for white water
 - Canoe Paddles
 - Paddles for white water, material and cost
- 4) **RESCUES**
(10 minutes)
 - Review individual and group responsibilities during a rescue
- 5) **RIVER RUNNING**
(20 minutes) Review
 - Strategies in Running Rivers
 - How to paddle in current
 - Spacing, Avoid "tunnel vision"
 - Scouting
 - From boat and shore
 - How to establish the "best"
 - Route and alternatives
 - Portaging Hazards
 - Use of good judgment
 - Group Organization on the River
 - Group cohesiveness (lead, sweep boats, etc.)
 - Universal River Signals and communications
- Emergency Procedures
- 6) **STROKES and MANUEVERS**
(120 minutes)
 - Strokes:**
 - Review strokes as necessary
 - Maneuvers:** Review
 - Eddy turns into small eddies
 - Front ferries in Class III current
 - Back ferries in Class III current
 - Peel outs in Class III current
 - Wide exit from eddy line
 - Shallow exit, close to eddy line
 - Combinations in Class III Current
 - C-turns, peeling out and into the same eddy
 - S-turn, peeling out of one side and eddy into opposite side
 - Practice bracing
 - Practice heeling the boat during turns
 - Attainments
- 7) **Broaden the Concepts**
(2 ½ hours)
 - Fine tune and broaden the concepts of river paddling.
 - Front surfing
- 8) **CONCLUSION and WRAPUP**
(30 minutes)
 - Reinforce paddling in a group
 - Explain what is next in the learning progression
 - Give out hand outs
 - Individual feedback
 - Group debriefing
 - Course evaluations

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Skills Check List

After completing the Advance White Water Tandem Canoeing Course the participant should be able to:

- Describe the increased hazards of paddling on Class III
- Have finer river reading skills
- Have improved boat handling skill and placement in Class III
- Know how to development a strategy for running rapids
- Catch an eddy several different ways
- Do a controlled ferry in Class III
- Front surf
- Describe the importance of paddling with a strong group
- Describe the importance of strong rescue skills