



Essentials of Canoeing – Solo (Level 2) INSTRUCTORS' GUIDE

The following is a general summary of course content for Flat Water Solo Canoeing. The content and sequence of instruction should be arranged to best fit the student's needs, safety, the class location, and time allowance.

Instructor hints are in Mustard color

The Instructor should cover the topics below. Remember the goal of this course is to have the participant refine their paddle and boat control as well as go backwards and do side slips. Again this is skill acquisition and not just exposure.

COURSE OUTLINE

1) Introduction and Expectations

(30 minutes)

During this section the instructor should make sure that all the registration and medical forms are completed. That everyone has read and understands the waivers and has signed them. The rest of the topics listed here are to receive a brief comment and are fairly self explanatory.

- 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

(15 minutes)

This should be review

- Personal clothing, wetsuits and gear
- PFD's,
- Safety equipment
- Warm up exercises

3) RESCUES and EMPTYING

(15 minutes)

This should be review

- Review individual and group responsibilities during a rescue

4) BASIC STROKES and MANUEVERS

(3 ½ hours)

The first part of this section should be review and should be covered very quickly. The focus of the courses starts below under New Strokes and Maneuvers.

Review concepts of paddling

Basic Terminology – on side/offside etc.

Types of strokes – Power, turning, bracing
Parts of strokes- Catch, propulsion, recover (CPR)
Linkage, rotations, arms as struts, safe and effective body usage.
Vertical paddle

Review strokes:

- Forward (Basic forward stroke)
- Back
- Stern Draw
- Stern Pry
- Draw
- Bow Draw
- Cross Bow Draw
- Forward Sweep
- Push Away
- Pry
- Sweeps
- Rudder

Review maneuvers:

- Paddle in a straight line efficiently
- Stop in a short distance efficiently
- Spin the boat in place
- Move the boat to one side without going forward (abeam)
- Do gradual, wide turns

New Strokes and Maneuvers:

- Sculls –**Sculling is an excellent way to learn blade control. Have the blade travel 3 or more feet close to the boat and parallel to the keel line. Keep the speed of the stroke steady, but increase the pitch of the blade to make the boat move faster. After the students have mastered a sculling draw to their on side, they can learn a reverse scull (or sculling pushaway) and cross sculling**
- Stationary draw – **The boat must be moving at a different speed than the water. This stroke is used for slipping the end of the boat toward the paddle.**
- Stationary pry – **The boat must be moving at a different speed than the water. This stroke is used for slipping the end of the boat away from the paddle.**
 - Low brace **-Very strong action that stops the boat from capsizing. The key here is shoulder safety. At no time should the shaft arm be straight. In fact, the closer the arm is bent to 90 degrees, the safer.**
 - High brace **-Not as strong of action to stops the boat from capsizing as a low brace. The key here is shoulder safety. At no time should the shaft arm be straight. In fact, the closer the arm is bent to 90 degrees, the safer.**
- Reverse J –**Used to control the boat when going backward**
- Cross reverse –**Used to control the boat when going backward**
- Slice –**Excellent stroke for doing wide turns underway. Easier and stronger to do than the forward sweep. The disadvantage is that the paddle needs to rub against the gunnel to have it be effective.**
- Onside Duffek – **Paddle is place is vertical position near the hip or slightly in front of it. The shaft arms elbow is tight against the body. Excellent for doing tight turns. This is a stationary stroke, so the boat must be moving. As the hull speed dies, the paddle can be slice forward and then do a bow draw, followed by a forward stroke. This is called a Duffek Maneuver.**
- Offside Duffek – **Paddle is place is vertical position near the hip or slightly in front of it, on the offside. The shaft arm is wrapped tight against the body. Excellent for doing tight turns. This is a stationary stroke, so the boat must be moving. As the hull speed dies, the paddle can be slice forward and then do a cross bow draw, followed by a cross forward stroke. This is called a Duffek Maneuver.**

- Cross Forward – **Key points is to try and keep the paddle as vertical as possible in all directions. Use a lot of body lean. On the recovery, rotate the grip thumb away from the boat more than you think.**
- Far back –**Mainly used to look back and align the stern into position. This stroke is mainly done by pulling with the arms.**
 - Compound back – **This stroke is when the far back and back stroke are done together.**
 - J Stroke –**Of all the strokes, this is probably the most difficult to learn. It is used to keep the boat on line and going straight when under way. It is a thumb down correction.**

New Concept – Doing a turn using the concept of boat heel or carving. – **If the boat is initiated into a turn and then boat heel (steady tilt) is added, the boat will help do the turn. It will carve. The more it is heeled, the tighter the turn. It also makes it easier for on the bow paddler to bring the boat around. The steps would be: the boat is going straight, the boat is initiated toward the turn, the boat is heeled, then the bow paddler add a turning stroke to fine tune the turn.**

Maneuvers:

- Paddle backward in a straight line
- Side slip in both directions
- Do tight turns
- Do turns while heeling the canoe
- Practice bracing

5) SAFETY

(15 minutes – can be given during lunch)

Review –**This should be review.**

- Group signals
- Staying together (i.e. lead/sweep, triangle)
- What to do in an emergency
- Dealing with boat traffic

Discuss how to deal with wind and waves –**Go into detail on how to handle following seas, landing on shore with wave action, etc.**

6) Outfitting

(20 minutes)

- How to outfit a boat for cruising – **How adding foot braces, small end air bags as safety floatation, pieces of foam for cushioning key areas, tie downs, and carry yoke all add to comfort and performance.**

7) CONCLUSION and WRAPUP

(30 minutes)

- Reinforce paddling in a group
- Explain what is next in the learning progression – **The next classes could be Canoe Camping or Freestyle or Moving Water, depending on the students focus.**
- Give out handouts – **ACA Membership Applications, Hypothermia/Hyperthermia, Rules of the Navigable Road, Leave no Trace, Paddling Ethics, Wind and Waves**
- Individual feedback
- Group debriefing
- Course evaluations

American Canoe Association
Instructor Certification Requirements for Open Canoe
General Requirements for all levels

General Requirements for all level of Certifications:

- Be at least 18 years old.
- Successfully complete an Instructor Certification Exam.
- ACA membership including membership on the Safety Education & Instruction Committee (SEIC).
- Demonstrate a general knowledge of Paddlesports and the ACA.

Maintenance Requirements for all levels of Certifications:

- Teach at least two courses that meet ACA standards within the four-year certification period and report these to the National Office.
- Attend within the four-year certification period at least one of the following: Instructor Methods Workshop, Instructor Development Workshop, Instructor Certification Workshop
- Maintain ACA membership and SEIC registration annually.

General Proficiency Requirements for all levels of Certifications:

Physical abilities

- Instructor Candidates and Instructors must be able to demonstrate and model **ALL** skills (rescues, strokes and maneuvers, etc.) including the Proficiency Requirements for Instructors (in all discipline areas and course levels) independently and to a mastery level.

Pre Course Skill and Paper Work

- Know a brief history of the ACA and it's current mission
- How to register and report a course
- Explain the ACA Waivers and know how the insurance plan works

Demonstrate a working knowledge on how to teach and discuss the following:

- How dress for canoeing
- Rules of the Navigable Road
- Leave no Trace
- Paddling Ethics
- Hypothermia/Hyperthermia
- Wind and Waves
- Understand the need for CPR and First Aid training
- Warm up stretching exercises

How to provide a safe teaching environment:

- How to choose an appropriate class site
- What to do in case of an emergency
- Demonstrate leadership, group management skill, experience and judgment necessary to be a safe, effective instructor

The candidate should be able to discuss, teach and demonstrate **anything** on the student course outlines at the level in which they are seeking certification. The individual strokes etc. are not listed on each of the levels, but it is a given that the candidate will know them. The testing environment for the Flat Water Course will be on flat water. For certifications above flat water will be tested at one level higher then they will be teaching at. (Moving Water candidates will be tested in Class II and Whitewater candidates will be tested in Class III etc.)

American Canoe Association Proficiency Requirements for Essentials of Canoeing - Solo Instructors

Fundamentally, paddlers should be experienced, possess a broad basic knowledge of solo canoeing, and have the skills and knowledge to pass the ICE, before presenting themselves for Flat Water Certification. The following is to be on flat water, absent of current and preferably without wind.

After demonstrating and completing the requirements for Introduction to Solo Canoeing Certification, demonstrate the ability to teach and model at demonstration quality the following:

- Make the boat move sideways in a straight line while under way (approx 10' sideward movement.)
- Do a tight turn – the diameter of the turn should be less than one and half the boats length.
- Paddle the boat in a straight line backwards for 50 yards (half a football field)
- Do a turn using the edges of the boat.
- Demonstrate moderate bracing.
- Explain how to outfit a canoe for longer cruises (foot braces, padding, carrying yoke and small end bags for safety floatation).

Stroke and Maneuver Break Down

Strokes

- | | |
|--------------------|-----------------|
| -Sculling draw | -Slice |
| -Sculling pushaway | -Onside Duffek |
| -Stationary draw | -Offside Duffek |
| -Stationary pry | -Cross Forward |
| -Low brace | -Far back |
| -High brace | -Compound back |
| -Reverse J | -J Stroke |
| -Cross reverse | |

New Concept – Doing a turn using the concept of boat heel or carving.

Maneuvers:

- Paddle backward in a straight line
- Side slip in both directions
- Do tight turns
- Do turns while heeling the canoe
- Practice bracing

Demonstrate a well rounded knowledge of paddling a solo canoe on flat water

The candidate will be asked to lead and to participate in scenarios, such as:

- **In a make believe camp setting, or club setting where they are the lead Instructor, and they are teaching, while on shore, they see two canoes with 12 year old children in them, go over. They are about 200' apart and 200' from shore. What would they do?**
- **Or they see a canoe tip over. As the canoe tipped, it hit one of the participants in the head and they are not moving. As the Instructor what would they do?**
- **Some of the group is paddling outside of the designated paddling area and becoming unsafe because they are ramming their boats into each other as hard as they can.**
- **They are to do a beach talk and lead the class across a lake to a sheltered cove. Do they cover the necessary safety material, set up parameters, lead and sweep?**

**American Canoe Association
Essentials of Canoeing – Solo (Level 2)
INSTRUCTOR TRAINER’S TOOL BOX**

This is to clarify the goal of this certification for the Instructor Trainer so that they can focus on these goals during the certification process.

- Flat Water Solo Canoe certification is to be done by Flat Water Canoe Instructor Trainers or higher.
- This is a THREE day certification. (Three day IDW/ICE)
- The Flat Water Solo Canoe certification focus is to qualify candidates to work with participants that want to broaden and start fine tuning their flat water paddling skills. In the Intro course the focus was on learning basic strokes to go forward, turn and stop; along with some rescues. Candidates certified at the Flat Water certification goes into more complex maneuvers and strokes, such as side slips, tight turns, braces and going backwards.
- As the IT, your main goal is to check these candidates off concerning the whole package of flat water strokes and maneuvers for basic flat water tandem paddling, and that the candidate has significant grace and skills.
- The candidate should be able to get the boat where they need to in a rescue situation, quickly and in control, moving the boat backwards, doing side slips, tight turns when necessary. They should also have a good understanding of group management on the water.
- Of all the testing criteria, the scenarios probably carry the most importance.

The IT needs to constantly remind themselves of the goal of this certification. These Flat Water Instructors will be giving their students the foundation necessary paddle on flat water or to pursue the further training such as Freestyle or Moving Water. Both of these areas rely on a good basic foundation that is provided by the Flat Water Instructor.