



Moving Water Canoe – Solo Level 3 (Moving Water and Class I)

COURSE OVERVIEW/PURPOSE: To give the participant the skills and knowledge needed to paddle a solo canoe on moving water up to and through Class I.

COURSE OBJECTIVES: Participant will learn

- River classifications, features and hazards
- Basic white water outfitting of a canoe
- How to do eddy turns into large eddies
- How to front ferry
- How to back ferry
- How to swim in current and rapid
- How to do boat rescues in current
- How to use a throw rope (throw and receive)
- How to deal with a pinned canoe
- How to edge a boat
- How to brace

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 proper fitting PFD. Must have taken Introduction to Solo Canoe and Flat Water Solo Canoe or have the equivalent skills and knowledge.

MINIMUM PERSONAL EQUIPMENT FOR THE CLASS: Properly fitted PFD, canoe paddle, solo canoe, appropriate clothing for weather and immersion.

COURSE DURATION: 1 Day (6-8 hours)

LOCATION/VENUE: This class is taught on flat water, progressing to moving water with rapids up to and including Class I.

INSTRUCTOR: ACA Moving Water Solo Canoeing Instructor or higher

PARTICIPANT/INSTRUCTOR RATIO: 5:1 With a qualified assistant the ratio can be 10:2

SUCCESSIVE COURSES: White Water, River Safety and Rescue



Moving Water Canoe – Solo Level 3 (Moving Water and Class I) Course Outline

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

COURSE OUTLINE

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

(60 minutes)

- Personal clothing, wetsuits and gear
- PFD's,
- Safety equipment
- River Classifications
- Fundamentals of River Currents
- Characteristics of Current
 - Downstream and Upstream V's
 - Eddies/ Eddy Lines
 - Bends
- Effects of Obstacles
 - Horizon Lines
 - Strainers & Sieves
 - Bridge Abutments/Rocks
- Hydraulics
- Other Hazards
 - Power of the Current / River Level
 - Cold Water
- Dams/ Flow Diversion Structures/Pipelines/Undercut Rocks / Ice
- Difference between 2 point and 3 point contact (sitting VS kneeling)

3) RESCUES

(90 minutes)

- Review individual and group responsibilities during a rescue
- Principles of Rescue
 - Be Prepared
 - Priorities - People, Boats, Gear
 - Responsibilities of Victim
 - Responsibilities of Rescuers
 - Responsibilities of the Group
- Practice Rescues
 - rope receiving
 - rope throwing / throw bags
 - towing boats
 - towing swimmers
 - wading in moving water
 - swimming in moving water
 - swimming without a boat
 - swimming with a boat
 - strainers
 - avoiding pins
 - self rescue from pins
 - simple unpinning principles
 - foot entrapment

4) RIVER RUNNING

(60 minutes)

- Strategies in Running Rivers
- How to paddle in current
 - Spacing/ Avoid "tunnel vision"
- Conservative VS Aggressive approach
- Paddling speed
 - Faster than the current
 - Slower than the current
 - Same speed as the current
 - Drifting angle
- Rivers Bends
- Tongues
- Diagonals
- Attainments

- Scouting
 - From boat/ from shore
 - How to establish the "best" route "Plan "B"
- Portaging Hazards
- Use of good judgment
- Group Organization on the River
- Group cohesiveness (lead, sweep boats, etc.)
 - Universal River Signals System
 - Emergency Procedures
- Group debriefing
- Course evaluations

5) BASIC STROKES and MANUEVERS

(120 minutes)

New Strokes:

- Stronger Forward Stroke
- Righting Pry

Maneuvers:

- Eddie turns into large eddies
- Front ferries
- Back ferries
- Peel outs
 - Wide exit from eddy line
 - Shallow exit, close to eddy line
- Combinations
 - 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

6) EQUIPMENT CHANGES

(20 minutes)

Canoe design, materials and outfitting

- Design features that are favorable to moving water
- Materials that are favorable to moving water
- How to outfit a canoe for moving water
- Canoe Paddles
 - Paddles for moving water, material and cost

7) CONCLUSION and WRAPUP

(30 minutes)

- Reinforce paddling in a group
- Explain what is next in the learning progression
- Give out hand outs
- Individual feedback

**American Canoe Association
Moving Water Canoe – Solo
Level 3 (Moving Water and Class I)
SKILLS CHECK LIST**

After completing the Moving Water Solo Canoeing Course, the participant should be able to:

- Describe the difference in equipment for Moving Water VS Flat Water
 - Canoes – design and materials
 - Paddles
 - PFD's
 - Outfitting
 - Rescue equipment – throw ropes, painters, pulley's
- Describe proper river attire, layering, dry bags
- Describe the different river classifications
 - Describe what classification this course was meant to prepare the student for. Know their limits
- Describe basic river characteristics
 - Eddies, bends, downstream and up stream V's, horizon lines, strainers, bridge abutments/rocks, hydraulics, dams,
- Describe the dangers of cold water
- Describe and review rescue principles
- Describe strainers, foot entrapment, simple unpinning principles
- Describe the advantages and disadvantages of sitting VS kneeling
- Swim a rapid with and with out a boat
- Throw and receive a throw rope
- Tow and be towed
- Tow a boat
- Wade in shallow current
- Describe river running strategies, scouting and good judgment
- Know the Universal River Signals and emergency procedures
- Do eddy turns and peel out into large shore line eddies
- Do front and back ferries in gentle current
- Heel the boat while doing turns

Stroke and Maneuver Break Down

Strokes:

- Stronger Forward Stroke
- Righting Pry

Maneuvers:

- Eddie turns into large eddies
- Front ferries
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- Practice bracing
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- Attainments