



## **White Water Canoe – Solo Level 4 (Class II)**

**COURSE OVERVIEW/PURPOSE:** To take the skills and knowledge that the student has learned in the Moving Water course and apply them to more difficult water. Also, to refine and add to those skills the finer points of paddling a solo canoe on white water, up to and through Class II. The focus is more on boat control, maneuvering, precision, and how to use the river and “play” the river, then going from point A to B.

**COURSE OBJECTIVES:** Participant will learn

- River classifications, features and hazards
- Basic white water outfitting of a canoe
- How to perform more precise eddy turns into smaller eddies
- How to front ferry in Class II white water
- How to back ferry in Class II white water
- How to perform more difficult rescues
- How to identify and deal with river hazards in more depth

**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 the Level 3 - Moving Water Solo Canoe course or have the equivalent skills and knowledge.

**MINIMUM PERSONAL EQUIPMENT FOR THE CLASS:** Properly fitted PFD, canoe paddle, tandem canoe, helmet, thigh straps, knee pads, air bags and 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 and white water up to and including Class II.

**INSTRUCTORS:** ACA White Water Solo Canoeing Instructor or higher

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

**SUCCESSIVE COURSES:** Advance White Water, River Safety and Rescue



## White Water Canoe – Tandem Level 4 (Class II) Course Outline

*The following is a general summary of course content for Solo Canoe White Water (Class II). 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/Waivers
- 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
- Review river obstacles/hazards and how to deal with them

### 3) RESCUES

(90 minutes)

- Review individual and group responsibilities during a rescue

### 4) RIVER RUNNING

(60 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 System
- Emergency Procedures

### 5) BASIC STROKES and MANUEVERS

(120 minutes)

#### New Strokes:

- Jam Stroke
- Pitch Stroke

#### Maneuvers:

- Eddy turns into small eddies
- Front ferries in Class II current
- Back ferries in Class II current
- Peel outs in Class II current
  - Wide exit from eddy line
  - Shallow exit, close to eddy line
- Combinations in Class II 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

### 6) EQUIPMENT CHANGES

(20 minutes)

- Canoe design, materials and outfitting
  - Design features that are favorable to white water
  - Materials favable for white water
  - How to outfit a canoe for white water
- Canoe Paddles
  - Paddles for white 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
- Group debriefing
- Course evaluations



## **White Water Canoe – Tandem Level 4 (Class II) Skills Checklist**

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

- Describe the difference in equipment for Moving Water versus White Water
  - Canoes – design and materials
  - Paddles
  - PFD's
  - Rescue equipment – throw ropes, painters, pulley's, knife, saw
  - Outfitting for white water – air bags, thigh straps, foot braces etc.
- 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, pillows, horizon lines, strainers, bridge abutments, rocks, hydraulics, dams,
- Describe and review rescue principles
- Describe strainers, foot entrapment, simple unpinning principles
- Describe river running strategies, scouting and good judgment
- Do eddy turns and peel out small eddies
- Do front and back ferries in Class II white water
- Heel the boat while doing turns (Hold a steady tilt during a turn)
- Use the pitch stroke while doing attains or hard ferries
- Use the jam stroke in the front quadrants, while doing eddy turns

### **Stroke and Maneuver Break Down**

#### **Strokes:**

- Jam Stroke
- Pitch Stroke

#### **Maneuvers:**

- Eddy turns into small eddies
- Front ferries in Class II current
- Back ferries in Class II current
- Peel outs in Class II current
  - Wide exit from eddy line
  - Shallow exit, close to eddy line
- Combinations in Class II Current
  - C-turns and carving, 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