



AMERICAN CANOE ASSOCIATION

INTRODUCTION TO CANOE

COURSE DESCRIPTION

PURPOSE - The ACA Introduction to Canoe course is designed as a short program emphasizing the entry-level paddling skills for individuals desiring an introduction to the sport of canoeing.

Prerequisites: None

Suggested Duration: 6 hours

Location: Quiet Water

Succeeding Courses: Basic Canoe, FreeStyle Canoe

COURSE CONTENT

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

INTRODUCTIONS AND LOGISTICS: (15 minutes)

- Welcome
- Introduction of Instructors and Participants
- Course expectations, limitations, and timeframe
- Review waiver, assumption of risk, and medical disclosure
- PFD Policy (always wear on water)
- Site specifics: regroupings, toilet facilities, etc

THE PADDLING ENVIRONMENT: (5 minutes)

- Wind, waves, weather

PERSONAL PREPARATION: (10 minutes)

- Personal Behavior
 - No alcohol/substance use
 - Respect private property, litter, noise, etc.
 - Proper etiquette on and off the water
- Personal Ability
 - Swimming
 - Fitness and warm up
 - Suggested skills:
 - Safe paddle and boat handling
 - Safety and rescue
- Personal Equipment (reviewed by instructor)

GETTING STARTED: (30 minutes)

- Stretching and warm up to reduce injury
- Car topping: Loading and unloading, racks, strap
- Knots: figure 8 or bowline to form loop, trucker's hitch and 2 half hitches to tie down.
- Canoe carries: overhead and suitcase
- Launching and landing from land or docks
- Canoe trim
- Posture, rocking and balance
- Positions in the canoe, sitting, kneeling, etc. (Students may select sitting or kneeling stance)
- Basic Terminology: onside, offside, etc.

EQUIPMENT: (20 minutes)

- Canoe: types, parts, materials,

- Paddle: straight, bent, parts, sizing, hand position
- Life Jacket (PFD): types, materials, fit
- Care of equipment
- Optional equipment and outfitting (handout)

SAFETY AND RESCUE: (1 ½ hours)

- Hypothermia: HELP/HUDDLE, clothing
- Hyperthermia: hydration, clothing
- Water confidence and comfort test
- Rescue Sequence: (RETHROG)
- Rescue Priorities: People, boats & gear
- How to empty a boat full of water
- Controlled capsized
- Deep water exits: vaulting and slide, no diving
- Canoe over Canoe rescues
- Re-entry, rescue sling, assisted

STROKES AND MANEUVERS: (3 hours)

STROKES:

- Canoe Bow:** Forward, Forward w/Switch, Back, Draw, Pushaway/Pry or Cross Draw
- Canoe Stern:** Forward, Forward w/Switch, Stern Pushaway/Pry/Rudder, Stern Draw, Back
- Canoe Solo:** Forward, Forward w/Switch, Stern Pushaway/Pry/Rudder, Stern Draw, Back, Sweeps

Maneuvers:

- Forward: travel in reasonably straight line.
- Stopping: stop in a reasonable distance.
- Spin: pivot in place.
- Turn: turn in arc while underway
- Abeam: boat moves sideways without headway
- Apply general paddling concepts, vertical paddle, tandem; opposite sides, in cadence, etc.

Additional strokes or maneuvers may be added at the instructors discretion and participant's needs

NEXT STEPS: (15 minutes)

- Wrap up
- Course limitations (not a river course)
- Need for more instruction, practice, experience
- Demo 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