



AMERICAN CANOE ASSOCIATION

QUICKSTART YOUR CANOE

Basic Terminology

COURSE DESCRIPTION

PURPOSE – To expose participants to the basic paddling and safety skills necessary to explore the different crafts used in paddle sport.

Prerequisites: None

Course Duration: 3 hours or more at Instructor's discretion

Location: Flatwater with limited wind conditions

COURSE CONTENT

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

INTRODUCTION AND LOGISTICS: (10 minutes)

Welcome

Introduction of instructors and participants

Course overview with expectations, limitations and time frame

Waiver, assumption of risk, and medical form

PFD policy (wear at all times on water)

Site specifics: regrouping, toilet facilities, etc.

THE PADDLING ENVIRONMENT: (5 minutes)

3 W's - Wind, Waves, Weather

PERSONAL PREPARATION: (5 minutes)

Personal Behavior:

No alcohol/ substance abuse

Private property rights

Litter

Etiquette (at put-in & take-out, on water, noise, litter)

Personal Skills:

Swimming ability (identify non-swimmers in class)

Physical fitness and warm ups (handout)

Safe paddling and boat handling

Safety and rescue

Personal Equipment (see handout)

GETTING STARTED: (20 minutes)

Boat Carries: Suitcase, overhead

Launching: from land or docks

Tandem Communication (division of labor)

Hull Trim

Positions: sitting, kneeling, posture (Students may select sitting or kneeling stance in canoes).

EQUIPMENT: (15 Minutes)

Boats: types, parts, materials

Paddles: types, parts, hand positions, sizing

Life jackets (PFD): types, materials, correct fit

SAFETY & RESCUE: (30 minutes)

Hypothermia-Help & Huddle, appropriate clothing

Hyperthermia-hydration, clothing

Rescue:

Rescue Sequence: RETHROG

Rescue Priorities: people, boats, gear

Demonstrate or Discuss:

Water confidence and comfort test

How to empty a boat full of water

Boat over Boat rescue

STROKES & MANEUVERS: (1½ 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

Apply general basic paddling concepts. (canoe tandem only); paddle opposite sides, in cadence, etc.

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

NEXT STEPS: (10 minutes)

Course Review

Course Limitations (not advanced)

Need for more instruction, practice, experience

Demo an advanced maneuver to encourage further courses

ACA membership/participation cards

Local paddle clubs or groups