



QuickStart Your Canoe

(Sample Skills Course)

Course Overview: The Quickstart Your Canoe course is designed to introduce/expose the participant to sufficient skill and knowledge so that they can enjoy the sport of tandem canoeing on flat water

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get on /off or in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

** To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Minimum Personal Equipment for the Class: Properly fitted PFD, canoe paddle, tandem canoe, appropriate clothing for the weather.

Instructors: ACA Introduction to Canoe Instructor (or higher)

Course Prerequisites: None

Course Duration: Up to 4 hours



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Course Location / Venue: Calm, flat water, protected from wind, waves and outside boat traffic, with no apparent current, and within swimming distance of shore.

Class Ratio - Tandem: 6 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 12 : 2

Solo: 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

Succeeding courses:

Level 1: Introduction to Canoeing

Level 2: Essentials of Canoe Touring

Level 2: Essentials of River Canoeing

The following is a general summary of course content for the **Quickstart Your Canoe** course. The content covered and sequence of instruction should be adjusted to best fit the participant's needs, class location and time allowance.

Course Content

Introduction, Expectations, & Logistics:

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

The Paddling Environment:

- Wind
- Waves
- Weather
- Water

Personal Preparation:

- Personal ability
- Swimming ability
- Water comfort & confidence
- Fitness, conditioning, and warm up

- Safe paddle and boat handling
- Safety and rescue considerations
- Personal equipment (reviewed by Instructor)

LAUNCHING and LANDING

- Carrying the canoe to and from the water
- Entry/exit from the shore or dock
- Sitting vs kneeling
- Boat stability, "boat wiggle"
- Allow student to get comfortable in the boat

RESCUES and EMPTYING

- Responsibility of the group
- Responsibility of the individual
- Responsibility of the victim

The following are demonstrated by the Instructor

- Swim the boat to shore (short distance)
- Emptying a canoe
- Canoe over Canoe Rescue
- Side by Side Rescue

BASIC STROKES and MANUEVERS

Bow



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- Forward (Basic forward stroke)
- Back
- Draw
- Cross Bow Draw
- Push Away/Pry

Stern

- Forward (Basic forward stroke)
- Back
- Stern Draw
- Stern Pry
- Rudder

Maneuvers:

- Paddle in a reasonable straight line
- Stop in a reasonable distance
- Do gradual, wide turns
- Switch positions in the canoe

Conclusion & Wrap Up:

- Group debrief / Individual feedback
- Course limitations

- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Demo advanced maneuver
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation cards



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