



## Level 2: Essentials of Canoe Touring (Sample Skills Course)

**Course Overview:** The **Essentials of Canoe Touring** course is designed to teach beginner paddlers to safely and enjoyably canoe on quiet 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.*

**Course Prerequisites:** None

**Course Duration:** 8 Hours

**Course Location / Venue:** Flat water

**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



# Level 2: Essentials of Canoe Touring

(Sample Skills Course)

## Succeeding courses:

Level 3: Freestyle Canoe

The following is a general summary of course content for the **Essentials of Canoe Touring** 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)

#### Equipment

- Life Jackets (PFDs): types & fit

- Canoes: types, materials, parts (including safety features such as flotation).
- Paddles: types (straights, bents), materials, parts, sizing, hand position.
- Care of equipment.
- Personal equipment: water, food, shoes, hat, sunscreen, bug repellent, sun glasses, eyeglass straps, protective clothing for heat or cold, sponge, bailer/pump, whistle, knife, light.
- Optional equipment and outfitting.

#### Getting Started

- Warm up and stretching
- How to pick up a canoe safely.
- Car topping: loading and unloading, racks, straps.
- Launching and landing.
- Boarding, three points of contact, keep weight low, etc.
- Positions in the canoe, sitting, kneeling, etc.
- Posture, rocking and balance.
- Water comfort and confidence.
- How to empty a canoe.
- Basic Terminology: onside, offside, etc.
- Types of strokes: power, turning.
- Stroke components: catch, propulsion, recovery (CPR)
- Safe and effective body usage.

#### Safety and Rescue:

- Exercising Judgment, Safety as a mind-set, etc.
- Hypothermia: help/huddle, clothing



# Level 2: Essentials of Canoe Touring

(Sample Skills Course)

- Dehydration: hydration, clothing
- Hazards: wind, waves, weather, current, rocks, bridges, dams, strainers
- Rescue:
  - Rescue sequence: RETHROG
  - Rescue priorities: people, boats, gear
- Demonstrate/participate:
  - Water confidence and comfort test
  - How to empty a boat full of water
  - Swim boat to shore
  - Boat-over-boat rescue
  - Deep-water re-entry, with sling, scooping.

### **Paddling Concepts:**

- Canoe physics: pull the paddle, push the canoe, skid turns, steer from rear, etc.
- Paddle physics: vertical blade, vertical shaft
- Body physics: torso rotation, shoulder injury, etc.
- Stroke parts: catch, propulsion, recovery
- Apply general paddling concepts:
- Vertical paddle not carried past body
- Tandems: opposite sides, in cadence, etc.
- Switch sides for fatigue and steering

### **Strokes and Maneuvers:**

#### **Strokes:**

- Forward w/Switch, w/bent paddles
- Forward, J and C corrections
- Cross forward
- Back
- Draws: abeam, static, to bow, to stern
- Cross draws: abeam, static, to bow
- Pushaway/Pry
- Sweeps: Forward and Reverse

#### **Maneuvers:**

- Forward: travel in reasonably straight line
- Stopping: stop in a reasonable distance

- Spin: pivot in place
- Turn: turn in arc while underway
- Moving abeam: boat moves sideways without headway
- Stop turns (onside and offside)
- Sideslips: boat moves sideways with headway

### **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



# Level 2: Essentials of Canoe Touring

(Sample Skills Course)