



# Level 3: Coastal Kayaking Basic Strokes & Rescues Skills Course

## Skills Course Overview

This course is designed as a short program emphasizing safety, enjoyment, and skill development. The skills and knowledge gained through this course can set the stage for a lifetime of exploration, adventures, a healthy lifestyle, appreciation of water and the natural world, lasting memories with family and friends, and a rewarding experience for all - we paddle because it is fun.

If you're a student who would like a resource to prepare for this course, ACA is pleased to provide a free online paddling safety course, [here](#). A certificate of completion is included!

## Skills Course Prerequisites

- Acknowledgment of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- No prior paddling experience or training is required to participate in this course

## Course Duration

The course duration should be adjusted to best fit the needs and goals of the participants. Up to 1 day (8 hours).

## Course Location / Accessible Venues

Lakes or coastal waters with potential areas of exposure to mild wind and wave conditions, with constant access to safe landing and within 1.5 nm from shore:

- 10 - 15 knot winds

- 1 - 2 foot waves (chop) (0.3 – 0.6 meters)
- 1 - 2 foot surf (0.3 – 0.6 meters)
- 1 - 2 knots of current

## **Course Size**

5 Participants : 1 Instructor; with an additional qualified assistant, the ratio can be 10 : 2. The maximum number of participants permitted is 10.

## **Instructor**

This course may be offered by Level 3: Coastal Kayaking (or higher) ACA Instructors, Instructor Trainers, or Instructor Trainer Educators.

## **Succeeding Courses**

- Level 3: Coastal Kayak Strokes and Maneuvers Refinement Skills Course
- Level 3: Coastal Kayaking Assessment, Trip Leader, or Certification Course

## **Course Outline**

The sequence of this course should be adjusted to best fit the participant's needs, class location, time allowance, and craft being used.

## **Introduction, Logistics, and Expectations**

- Welcome! We're so glad that you've chosen to further your paddling experience and education by attending this course! Let's review a few highlights about the ACA
- Let's talk about the course itinerary, expectations, and limitations
- Lay of the land (and water): the logistics of this venue
- Review liability waiver, assumption of risk, challenge by choice, and medical disclosure
- Life jacket policy: always wear while on the water

## **Personal Preparation & Getting Started**

- Describe and follow safe boating practices (behavior, substance abuse, on water and land etiquette, Leave No Trace ethics)
- Review elements of a float plan (who, what, when, where, filing practices)
- Discuss current weather conditions, forecasts, and other environmental hazards
  - Wind, water, weather, waves
  - Tides
  - Time of day
  - Venue accessibility
  - Boat traffic
  - Rocks, bridges, piers, dams, strainers, etc.
- Discuss importance of developing good judgment, group responsibility, management, and dynamics
- Warm up to reduce injury
- Evaluate individual's swimming ability, water comfort, and confidence prior to beginning the trip
- Review paddling terminology and care of gear (to be reviewed by the instructor):
  - Boat: parts, materials, sizing, outfitting, adjustment
  - Paddle: parts, materials, sizing, hand position
    - How to hold the paddle in correct orientation and grip for effective paddling
    - Torso rotation and the "paddler's box"
  - Spray skirts: types and materials, grab loop
  - Life jacket: types, materials, fit
  - Optional equipment and outfitting for improved control (i.e., skeg, rudder, foot pegs, back band, etc.)
- Review of additional personal and group gear, including, but not limited to:
  - Environmental supplies (food, water, appropriate clothing, wetsuit, sunscreen, etc.)

- Navigational and signaling tools (maps, charts, whistle, etc.)
- Safety and rescue tools
- Repair kit
- First aid kit (appropriate to training)
- Review securing boat for transport on car or trailer using proper tie downs, straps, or knots
  - Knots: Figure-8, bowline, truckers hitch, and 2 half hitches
- Review proper techniques to safely lift and carry the boat on shore
- Prepare boat for departure: stowing gear securely and ensuring it is balanced
- Appropriately use communication (paddle, hand, and whistle) signals

## **Paddling Efficiently and Comfortably in Flatwater**

- Boat stability (trim, posture, rocking, balance, etc.)
- Efficient and effective paddle placement for intended maneuver
- Safe and effective body usage: bio-mechanics (body, linkage, and rotation)
  - Avoidance of positions that contribute to shoulder injury
- Parts of strokes: CPR (catch, power, recovery), static and dynamic

## **Flatwater Strokes**

- Rafting up
- Sweep stroke (forward/reverse/pivot in place)
- Forward Stroke
- Reverse stroke and stopping
- Draw stroke
- High and low braces (hip snap/boat edging/lower body control)

## **Safety and Rescue**

- Principles of Rescue

- Use of safe rescue strategies such as T-RETHROG (Talk, Reach, Throw, Row, Go)
- Rescue Priorities: people, boat, paddle, gear
- Responsibilities of the group, rescuer, swimmers
- Appropriate use of rescue and safety gear
- Emergency procedures
- Self care and care of other group members
  - Importance of fueling, hydration, clothing/insulation, and sun protection
  - Cold shock, hypothermia, and hyperthermia: prevention and treatment
- Practice wet-exits with one-on-one supervision by instructor
- Calmly exit the boat after a controlled capsize, using proper body position and contact with the craft and paddle
  - When exiting the kayak with a spray skirt after capsize: must be modeled two ways: (1) utilizing the spray skirt grab loop and (2) releasing the skirt off the hip
- Self rescue: swim 20 feet (6 meters) to shore in moving water using defensive and offensive techniques
- Strategies and techniques for boat recovery including bumping, bulldozing, towing, or swimming a boat to shore
- Self and assisted swimmer re-entry techniques (i.e., heel hook, rescue sling, paddle float, etc.)
- Assisted rescues: boat over boat or side by side or others appropriate to conditions
  - T-rescue
- Unresponsive paddler rescue
- Emptying water from the boat (on shore, bailers, pumps, sponges, etc.)

## **Conclusion and Wrap Up**

- This has been a great class! Let's talk through what we've learned with a group debrief and/or Individual feedback

- Course limitations: there is always more to learn, and the skills and concepts we discussed require more practice and experience
- First aid and CPR training is a very valuable tool and could make the difference between a “near miss” and an emergency requiring outside rescue / first responders
- Paddling is a lifetime sport - there are local organizations, clubs, events, competitions, and classes through which you can continue your learning and build community. Get connected!
- Handouts and reference materials (if applicable)

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This curriculum is managed by the ACA Coastal Kayaking Committee. To connect with the leadership of this committee, please view the SEIC Committee rosters on [the ACA website](#).