



Level 2: Essentials of Sit-On-Top (SOT) River Kayaking 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

Moving water on rivers up to and including class I sections. *A rapid class includes rapids at the lower and upper ends of the difficulty range, designated “-“ and “+” respectively.*

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 2: Essentials of River Kayaking (or higher) ACA Instructors, Instructor Trainers, or Instructor Trainer Educators.

Succeeding Courses

- Level 2: Essentials of Sit-On-Top (SOT) River Kayaking Assessment, Trip Leader, or Certification Course
- Level 2: Essentials of River 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)
- 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
 - Paddle: parts, materials, sizing, hand position
 - How to hold the paddle in correct orientation and grip for effective paddling
 - Life jacket: types, materials, fit
 - Helmet types and use
- Review of additional personal and group gear, including, but not limited to:
 - Environmental supplies (food, water, appropriate clothing, 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

- Forward
- Back
- Sweeps: forward and reverse
- Draws: out of water and in water recovery
- Rudder
- Low brace to prevent capsizing

Flatwater Maneuvers

- Launching and landing: low dock or bank to enter and exit safely
 - Three points of contact, keep weight low, etc.
- Propel the boat forward in a straight line 15-20 boat lengths
- Stop the boat within two boat lengths
- Move the boat backwards in a reasonably straight line 3-4 boat lengths
- Abeam: move the boat sideways 20 feet (6 meters) to each side
- Propel the boat in a figure of 8 course around markers 3-4 boat lengths apart
- Turn the boat while maintaining forward motion 90° to the right and left

River Hydrology Features and Associated Risks

- Currents
- Rocks (upstream and downstream Vs)
- Ledges and low head dams (horizon lines)
- Pins and entrapment
- Strainers/sieves
- Bends
- Undercut rocks or ice
- Dams/flow diversion structures and pipelines
- Holes and hydraulics

Moving Water Maneuvers in Venue

- Front ferries: to a fixed point
- Eddy turns: with boat leans into wide eddies
- Peel-outs
- C-turns
- S-turns

Safety and Rescue

- Principles of Rescue
 - Use of safe rescue strategies such as T-RETHROG (Talk, Reach, Throw, Row, Go) including throwable buoyancy aids and throw bag use
 - Rescue Priorities: people, boat, paddle, gear
 - Responsibilities of the group, rescuer, swimmers
 - Appropriate use of rescue and safety gear
 - Emergency procedures
- River running strategies

- River classifications (understanding of Class I - VI)
- Scouting on shore and by boat
- Portaging and lining
- Group organization on the river
- 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
- Calmly exit the boat after a controlled capsize, using proper body position and contact with the craft and paddle
- 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
- Swimmer tow options
- Self and assisted swimmer re-entry techniques (i.e., perpendicular entry, rescue sling, etc.)
- Assisted rescues: boat over boat or side by side or others appropriate to conditions
- Unresponsive paddler rescue
- Throw rope use
- Basic wading with a paddle
- Emptying water from the boat (on shore, bailers, pumps, 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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<https://americancanoe.org>

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