



Kayak Rolling (Sample Skills Course)

Course Overview: The **Kayak Rolling** course is designed to introduce paddlers to the technique of rolling.

Objectives: Participants will be introduced to:

- Learning proper boat fit and adjustment for effective rolling
- Learning safe and effective wet-exit technique
- Learning the bow rescue
- Learning techniques for effectively rolling the kayak
- Learning proper body positioning and head placement for executing a roll
- Learning the mechanics of a roll

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

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Instructors: ACA Level 4 River or Coastal Kayak instructor or higher or Level 2 River or Coastal Kayak instructors or higher with the Kayak Rolling endorsement.

Course Duration: 2-6-hours (at the discretion of the instructor)

Course Ratio: 5 students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

Course Location / Venue: Ideal conditions would be an indoor heated pool. If not available, a calm, warm, shallow water environment would suffice.

The following is a general summary of course content for the **Kayak Rolling** 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)

Dry land Orientation

- Enrollment/Registration/Liability
Welcome and Introductions
- Student and Instructor Expectations
 - Equipment-familiarity, fit and adjustment
 - Environment-underwater learning
 - Physical-flexibility, fatigue
 - Emotional-fears
 - Cognitive-information overload
- Equipment Orientation
 - Whitewater vs. sea kayaks
 - PFD's and sprayskirts

Stretching/Boat Fit and Adjustment

- Stretches focusing on hamstrings, forearms, wrists, neck, body rotation
- Boat fit and adjustment
- Lower body boat control (emphasize points of contact)
- Hip snap demonstration, explanation and dry land practice



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Wet-exit Demonstration and Practice

- Dry land wet-exit demo and practice (tuck, pound, pull and push)
- Safe launching and landing from pool's edge
- On-water wet-exit practice (one-on-one supervision in shallow end)

Roll Demonstration: Depends on type of roll being taught

- C to C Roll or Extended paddle roll (show the breakdown into 3 components: setup-sweep-hip snap)
- Sweep Roll (show breakdown into 3 components: 1) setup/start position, 2) finish position, 3) the movement between: synchronized rotation of body and rotation of boat as the body and paddle move to the finish position)

Hip Snap Development through Rescue Progression

- Demonstrate using Whole-Part-Whole method
- Break bow rescue down into components and have students practice w/ partner
- Emphasize hip snap development keeping head down
- Allow time for rest
- Provide constructive feedback

Roll Progression

- Hip snap refinement
 - Instructor supports student by holding hands on the on-side
 - Student rolls to a partially submerged position on the on-side
 - Student rolls away from the instructor (hands placed next to off-side knee)
- Set-up position

- Acquaint student with proper hand placement and indexing of paddle
- Student rolls to the on-side (instructor supports student by PFD just above water surface and guides paddle from the set-up to the sweep position)
- Allow student to set-up and sweep on their own with your support
- Student rolls away from the instructor in the proper setup position (instructor awaits for paddle to surface and then helps guide paddle into proper sweep position and provides support for hip snap)
- Putting it all together
 - Guide paddle into position by lightly supporting the sweeping blade ensuring proper blade angle and orientation
 - Minimally assist by standing at stern and twisting boat upright if needed
 - Revisit any previous step to further develop needed skills
 - Carefully observe students for fatigue and confusion
 - Encourage students to work with partners when they are awaiting their one-on-one time
 - Provide and encourage breaks

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

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- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation cards

Evaluation: Students will be evaluated on their ability to:

1. Effectively roll the boat using their hips
2. Keep their head down when surfacing
3. Sweep the paddle with proper blade orientation at the surface
4. Arch their body close to the surface during the sweep
5. Maintain a horizontal shaft during the high brace when rolling the boat
6. Complete the roll with the proper finish position
7. Maintain proper hand and arm positioning to prevent injury

References:

2001 Jason Design, (Video) First Roll
1993 Paul Dutky, The Bombproof Roll and Beyond
1992 Rapid Progression (Video) Grace Under Pressure
DeRiemer, Mary and Phil DeRiemer, 2003. The Kayak Roll (Video)

Equipment: Properly outfitted and sized kayaks