



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 lakes and other calm protected flatwater settings.

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 re-enter 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: Level 1: Introduction to Canoeing Skills class or equivalent skills strongly suggested

Course Duration: 8 Hours

Course Location / Venue: Protected water near shore with winds up to 10 knots, waves up to 1 foot (.3 meter) or current up to 1 knot.

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



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

Succeeding courses:

Level 3: Canoe Touring Strokes and Maneuvers Refinement

Level 4: Freestyle Canoeing

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 & limitations
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- Life Jacket 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: types & sizing
- Canoes: types, materials, parts, including safety features
- Paddles: types, (straights, bents, etc), materials, parts, sizing, how to hold
- Personal equipment: water, food, shoes, hat, sunscreen, bug repellent, sun glasses, eyeglass straps, protective clothing for heat / cold
- Safety gear: sponge, bailer/pump, whistle, knife, light
- Equipment / outfitting for Touring: ie., drybag, maps, extra paddle
- Care of equipment

Getting Started

- Warm up and stretching
- Canoe carries: overhead & suitcase
- Car topping: loading and unloading, racks, straps
- Launching and landing from shore or dock, parallel or perpendicular to
- Boarding, three points of contact, keep weight low, etc.
- Positions in the canoe, sitting, kneeling
- Posture, rocking and balance
- Canoe Trim
- Trip Planning – 6P's: Prior Proper Planning Prevents Poor Performance
- Federal, State, and Local laws & Regulations



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- Leave No Trace; paddling etiquette

Safety and Rescue:

- Exercising Judgment, Safety as a mind set, etc.
- Hypothermia, Cold Water Shock: HELP, HUDDLE, clothing
- Hyperthermia: hydration, clothing
- Hazards: wind, waves, weather, rocks
- Responsibility of Group, Individual, Rescuer, Victim
- Rescue sequence: RETHROG
- Rescue priorities: people, boats, gear
- Signals: Whistle, Paddle, Hand
- Evaluate water confidence and comfort
- Controlled capsize-deep water
- Swim a boat 25 feet to shore
- Empty a boat full of water at shore
- Canoe over canoe rescue (T Rescue) on quiet water
- Side by Side (parallel) rescue
- Re-entry: Self & Assisted, Heel Hook, Sling
- Towing a tired swimmer / canoe

Paddling Concepts:

- Canoe physics: Pull the paddle, push the canoe; quick turns, steer from the rear
- Paddle Physics: vertical blade & shaft, not carried past body on a travel stroke
- Body Physics: torso rotation, shoulder injury, use large muscles
- Terminology: onside, offside
- Stroke parts: Catch, Propulsion, Recovery (CPR)
- Types of strokes: traveling & turning
- Tandems: paddle on opposite sides, in cadence, match power
- Switch sides for fatigue and steering

Strokes and Maneuvers Using Bent & Straight Shaft Paddles:

Strokes:

- Forward w/Switch, w/bent paddles
- Forward, w/ J and C corrections
- Cross forward
- Back
- Draw: Abeam
- Bow Draw: dynamic, static
- Stern Draw
- Cross draw: abeam
- Cross Bow Draw: dynamic, static
- Pushaway: bow, stern
- Pry: bow, stern
- Sculling: drawing and prying
- Sweeps: Forward and Reverse

Maneuvers:

- Forward: straight 50 yards
- Stopping: (Forward, Reverse) 1 boat length
- Reverse: reasonably straight
- Spin: 360 degree pivot to onside, offside
- Stop Turns (quick 90 degree turn to a complete stop)
- Turn: turn in arc while underway
- Abeam: sideways both sides 20 FT w/o headway
- Sideslips: boat moves sideways with headway

Conclusion & Wrap Up:

- Trip planning, organization, and considerations for full day trip
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety and rescue training
- Demo advanced maneuver
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms



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- Group debrief / Individual feedback
- Course evaluation
- Participation cards