

Course Content L4 Whitewater Canoe

Introduction & Logistics:

- Welcome
- Introduction of Instructors and Participants
- Course expectations, limitations, and time frame
- Goals : Help you make good decisions , Especially:
 1. Recognize and Avoid Common Hazards
 2. Improve skills used paddling rivers
- Review waiver, assumption of risk, Challenge by Choice, and medical disclosure
- PFD Policy - always wear on water
- Site specifics: regrouping, toilet facilities, etc

The Paddling Environment:

- 4-W's: Wind, Waves, Weather and Water
- **River Classifications** are subjective!
 - + Is rapid Easy /Difficult for trained paddlers
 - ++ Is Scouting needed, necessary, or difficult?
 - +++ Danger to Swimmer/ Rescue Likely or Not?

Personal Preparation:

- Personal Behavior
- No alcohol/substance use
- Respect private property, litter, noise, etc.
- Proper etiquette on and off the water
- Personal Ability - *your actual skills and limits?*
- Swimming - *are you competent to swim this rapid?*
- Fitness and warm up
- Suggested skills
- Safe paddle and boat handling - *able to stop before?*
- Safety and rescue
- Personal Equipment (*reviewed by instructor*)
- Avoid Trouble / Manage Risks by choosing
 - The Rivers you Paddle,
 - The People you Paddle with,
 - and the Equipment you Use.

Getting Started

- Stretching and warm up to reduce injury
- Car topping: Loading and unloading, racks, straps
- Knots: figure 8 or bowline to form loop, trucker's hitch and 2 half hitches to tie down
- Canoe carries: overhead and suitcase

Equipment:

- Canoe: types, parts, materials,
- Paddle: straight, bent, parts, sizing, hand position
- Life Jacket (PFD): types, materials, fit
- Care of equipment
- Optional equipment and outfitting (handout)

Orientation:

- Launching/landing from land or docks
- **Tandem Teams - division of labor**
 - Communicate / cooperate
 - **Paddle in Cadence and on Opposite Sides**
 - Bow mostly Power, Stern mostly Direction
 - Boat Lean- On-Side Paddler sets, Off-Side follows
 - Trim Stern Down Watch for Hazards
 - Paddle Choices Matter
- Canoe Trim stern down for WW
- Positions - sitting, kneeling etc.
- Basic terminology: onside, offside, etc.
- River Etiquette

Safety/Rescue:

- **Prevention is the Key**
 - Lean into turns, lean downstream, hug the rock, Walk Around or Out, *Don't Put On*
- Responsibility: Group; Individual; Rescuer; Victim
- Rescue Priorities: People, boats & gear
- **Signals:** Whistle, paddle, hand
- Lead, sweep, safe eddy, wait if follower not visible
- Self Rescue - On Lake- HELP/HUDDLE
- Self Rescue - On Rivers - QUICK
 - Swimming in current,
 - Don't stand up or push against bottom
 - face downstream on your back, **TOES UP!**
 - upstream of boat and gear, use painter, ferry angle
- Rescue Sequence:
 - Talk, Reach, Throw, Row & Go (ReThRoG)
- Rescue Priorities: People, boats & gear
- Controlled capsize drills
- How to empty a canoe
- Hand paddling swamped canoe
- Canoe over canoe rescues
- Deep water exits (Vault and slide - not diving)
- Re-entry, rescue sling, vault
- Throw Ropes/Bags:
 - Receiving a rope - face down river
 - hold rope on your chest
 - over shoulder opposite rescue
 - **FEET UP**, hold boat and paddle if OK

Strokes & Maneuvers

• Basic Principles

• Body

1. Use whole body - Torso Rotation
2. Protect shoulders - Hands inside Paddler's Box
3. Balance, - Head above Butt,
Relaxed and Erect Posture

• Paddle --- C P R

1. Blade
 - Buried - far forward, fully immersed
 - Square - to travel
 - Clean and Quiet
2. Shaft
 - Horizontal, blade far, boat turns
 - Vertical, blade close, most power, boat straight

• Boat --- P A L M S

Position -- Choose best position to initiate maneuver
Angle -- Pick a target and go to it

Momentum -- More Speed solves lots of problems

Lean Boat -- Into turns, downstream,
into rocks. Hug the tree.

Strokes -- When in doubt, paddle!

Strokes:

• **Tandem (Bow):** Forward (Basic); Back; Draw;
Bow Draw; Push Away; Cross Bow Draw; Bow
Sweeps; Pry; Sculling Draw; Sculling Pry;
Stationary Draw; Stationary Pry; Low Brace; High
Brace; Reverse J; Cross Bow Reverse; Slice; On
Side Duffek; Offside Duffek; Cross Forward; Jam

• **Tandem (Stern):** Forward; Back; Back; Draw;
Stern Draw; Push Away; Stern Pry; Stern Sweeps;
Rudder; J Stroke; Pry; Sculling Draw; Sculling
Pry; Stationary Pry; Low Brace; High Brace; Far
Back; Compound Back; Pitch; (Cross Stern Strokes)

• **Solo: Forward (Basic); Back; Draw; Push Away;
Cross Bow Draw; Stern Pry; Stern Draw;
Forward Sweep; Reverse Sweep; Rudder;
J Stroke; Pry; Sculling Draw; Sculling Pry;
Stationary Draw; Stationary Pry; Low Brace;
High Brace; Reverse J; Cross Bow Reverse; Slice;
On Side Duffek; Offside Duffek; Cross Forward;
Far Back; Compound Back; Jam; Pitch**

Flat Water Maneuvers:

- Launching and landing from land or docks
- Posture, rocking and balance drill - progress into leans
- Forward to propel the canoe straight forward
- Reverse to stop and reverse straight backward
- Spins: (Onside and Offside)
- Move canoe abeam (sideways)
both directions in a straight line
- Turns with **leans**
- Inside Circle (Power Circle)

Dealing with Hazards:

- High Water
- Cold Temperatures & Protective Clothing
- River Classifications often indicate hazards
- **Scouting** - Vees, bends, eddys, Waves, holes, ledges
from boat or shore
read from bottom to top
consider lines, features, and hazards
where can I stop without any doubt?
am I willing to accept consequences?
- Running aground
- Broaching (**lean** into obstacle)
- Pins and entrapments
- Strainers
- Hydraulics
- Basic Wading
- Strainer Drills

River Maneuvers: (Class II Current)

- Spins (Onside and Offside)
- Shift (Move canoe abeam)
- Forward Ferries
- Back Ferries
- Eddy Turns (Small eddies)
- Peel-Outs
- C-Turns
- S-Turns
- Bracing
- Attainments

How to paddle in current

- Do not boat out of control,
be able to reach shore before reaching danger.
- Look down river and choose best line of current
- Immediately move boat to best current line
- Move faster than current (or slower, or across)
- Keep boat aligned with current approaching obstacles
- Keep your faith in your paddle and
your paddle in the water
- Lean into and pivot off obstacles, hug the rock.
- * Spacing/ Avoid "tunnel vision"
- Be aware of entire river environment *from farthest
visible downstream to nearest eddys and safe shore.*

What's Next?

- Wrap up
- Course limitations
- Need for more instruction, practice, experience
- Demo advanced maneuver
- Trip planning - 6P's:
Prior, proper planning prevents poor performance
- Life sport / Paddling options / Local paddling clubs
- ACA Membership forms & Participation cards