



Introduction to Canoe

COURSE OBJECTIVE: The ACA Introduction to Canoe course is designed as a short program emphasizing the entry-level paddling skills for individuals desiring an introduction to the sport of canoeing.

PARTICIPANT QUALIFICATIONS: None

MINIMUM PERSONAL EQUIPMENT FOR THE CLASS:
None

COURSE DURATION: 6 hours

LOCATION: Quiet Water

SUCCESSIVE COURSES: Basic Canoe, Freestyle Canoe

The following is a general summary of course content for Introduction to Canoeing. The content and sequence of instruction should be arranged to best fit the student's needs, class location and time allowance.

- 1) INTRODUCTIONS AND LOGISTICS:** (15 minutes)
 - Welcome
 - Introduction of Instructors and Participants
 - Course expectations, limitations, and timeframe
 - Review waiver, assumption of risk, and medical disclosure
 - PFD Policy (always wear on water)
 - Site specifics: regroupings, toilet facilities, etc
- 2) THE PADDLING ENVIRONMENT:** (5 minutes)
 - Wind, waves, weather
- 3) PERSONAL PREPARATION:** (10 minutes)
 - Personal Behavior
 - No alcohol/substance use
 - Respect private property, litter, noise, etc.
 - Proper etiquette on and off the water
 - Personal Ability
 - Swimming
 - Fitness and warm up
 - Suggested skills
 - Safe paddle and boat handling
 - Safety and rescue
 - Personal Equipment (reviewed by instructor)
- 4) GETTING STARTED:** (30 minutes)
 - Stretching and warm up to reduce injury
 - Car topping: Loading and unloading, racks, strap
 - Knots: figure 8 or bowline to form loop, trucker's hitch and 2 half hitches to tie down
 - Canoe carries: overhead and suitcase
 - Launching and landing from land or docks
 - Canoe trim
 - Posture, rocking and balance
 - Positions in the canoe, sitting, kneeling, etc. (Students may select sitting or kneeling stance)
 - Basic Terminology: onside, offside, etc.
- 5) EQUIPMENT:** (20 minutes)
 - 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)
- 6) SAFETY AND RESCUE:** (1 ½ hours)
 - Hypothermia: HELP/HUDDLE, clothing
 - Hyperthermia: hydration, clothing
 - Water confidence and comfort test
 - Rescue Sequence: (RETHROG)
 - Rescue Priorities: People, boats & gear
 - How to empty a boat full of water
 - Controlled capsized
 - Deep water exits: vaulting and slide, no diving
 - Canoe over Canoe rescues
 - Re-entry, rescue sling, assisted
- 7) STROKES AND MANEUVERS:** (3 hours)
 - Strokes
 - Canoe Bow
 - a. Forward, Forward w/Switch, Back,
 - b. Draw, Pushaway/Pry or Cross Draw
 - Canoe Stern
 - a. Forward, Forward w/Switch,
 - b. Stern Pushaway/Pry/Rudder, Stern Draw, Back
 - Canoe Solo
 - a. Forward, Forward w/Switch,
 - b. Stern Pushaway/Pry/Rudder, Stern Draw, Back,
 - c. Sweeps



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- Maneuvers
 - a. Forward: travel in reasonably straight line.
 - b. Stopping: stop in a reasonable distance.
 - c. Spin: pivot in place.
 - d. Turn: turn in arc while underway
 - e. Abeam: boat moves sideways without headway
- Apply general paddling concepts, vertical
- paddle, tandem; opposite sides, in
- cadence, etc.
- Additional strokes or maneuvers may be added at the instructors discretion and participant's needs

8) NEXT STEPS: (15 minutes)

- Wrap up
- Course limitations (not a river course)
- 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 groups/clubs
- ACA Membership forms
- Participation cards

NOTES