



## North East Wisconsin Paddlers 2008 Rolls & Rescues Class

### Course Overview:

The Rolls and Rescues Class is designed as a short program emphasizing development of kayak re-entry and Eskimo roll skills. This course is appropriate for people who are comfortable in their kayak and have learned basic skills, including the wet exit, J-lean, low and high braces. The course specifically addresses rolling skills in decked kayaks (whitewater and sea kayak), and re-entry in decked kayaks and recreational kayaks. The instructors will emphasize specific skills and techniques that are most appropriate for certain types of kayaks or paddling conditions in response to unique interests or preferences of the participating students. Students are encouraged to and may use their own kayak and equipment with prior approval of the lead instructor. All equipment and kayaks must be cleaned before use in the pools.

**Objectives:** The course is designed to help students:

- Perform solo re-entry
- Perform assisted re-entry
- Assist another paddler with boat re-entry
- Perform the key components of an Eskimo roll and be familiar with various roll types
- (Possibly) perform an Eskimo roll

It is our intent to help establish a foundation from which participants can confidently continue to develop skill outside of the class and safely improve their roll and rescue technique.

**Prerequisite:** Completed Kayak Skills class or instructor approval; ability to properly execute wet exits, J-leans, low braces and high braces

**Other Requirements:** Appropriate swim gear for pool conditions; water socks if desired; ability to swim; nose clips (will be offered for a nominal charge at the class)

**Course Duration:** 9 hours in three, three-hour sessions; split 50/50 between classroom and pool

**Location:** Classroom and pool locations will be posted in the host facility

**Class Size:** Limited by pool capacity; typically 12 – 14 students

**Instructor Ratio:** Certified (ACA or BCU) and assistant instructors to meet or exceed ACA guidelines

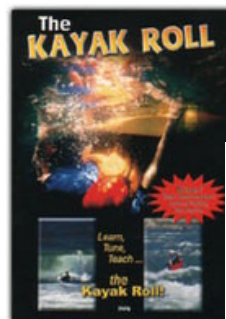
**Successive Courses:** Student Outings (River and Coastal); Coastal Skills Workshops

In addition, course instructors and fellow students will share information on paddling related events and activities scheduled for the coming year, including information on kayak swaps, organized paddles and local outdoor and paddling groups.

The following is a general summary of course content for the Rolls and Rescues class. The content and sequence of instruction should be arranged to best fit participant needs, class location and time allowances.

## Rolls and Rescues Class 1 - Classroom

1. Housekeeping and Introductions
  - a. YMCA Waivers
  - b. Logistics/ timing
  - c. Safety/ Lifeguard-in-charge
  - d. Physical condition concerns/ issues
  - e. Introduction of Students
    - Paddling experience and interests
    - Own boats/ equipment? Type?
    - Hopes / expectations for this class?
    - Complete contact form
  - f. Introduction of Instructors
    - Experience/ type of paddling
    - Other relevant information
2. Kayak Roll – video *The Kayak Roll*
3. C-to-C roll – video *Grace Under Pressure* (optional)
4. Dry land roll demonstration
5. Standard solo recovery with paddle float (paddle behind cockpit coaming) – video *Performance Sea Kayaking*
- 6. BRINGING STUDENT BOATS INTO THE POOL FOR THE CLASS**
7. Pool practice sessions available – timing/ location for pool time



## Rolls and Rescues - Class 1 - Pool

1. Traditional kayak demo
2. Wet exit
3. Revisit high brace and sculling
4. Roll (The Kayak Roll, or C-to-C or sweep/ hybrid)
5. Solo recovery with paddle float (paddle behind cockpit/ coaming)
6. Cowboy scramble (optional)

### **Rolls and Rescues - Class 2 - Classroom**

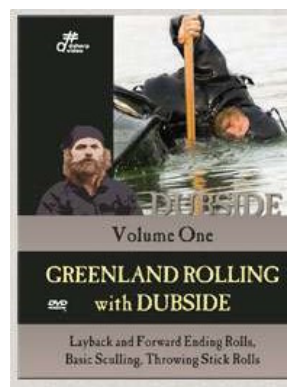
1. Questions and comments from prior class
2. Sweep rolls – video *The Kayak Roll*
3. Tandem recoveries – video *Performance Sea Kayaking*
  - a. Bow to bow – bow to stern

### **Rolls and Rescues - Class 2 - Pool**

1. Sweep Rolls
2. Tandem Recoveries - TX
  - a. Bow to bow – Bow to stern

### **Rolls and Rescues - Class 3 - Classroom**

1. Questions and comments from prior class
2. Greenland rolling – video *Dubside*
3. BCU modified crab (British crab)
4. Scoop and Hand of God
5. Re-enter and Eskimo recovery or paddle float roll
6. Distribute evaluation forms



### **Rolls and Rescues - Class 3 - Pool**

1. Rolls –hand paddles and floats available
2. Recoveries
  - a. BCU modified crab (British crab)
  - b. Scoop and Hand of God
  - c. Re-enter and Roll