

North East Wisconsin Paddlers
2012 Kayak Skills Class – General Outline



Course Overview: The Kayak Skills Class is designed as a short program emphasizing safety, enjoyment and skill acquisition for entry level individuals in the public, private and commercial setting. This course is appropriate for people interested in paddling all kayak craft, including traditional decked kayaks (whitewater, sea kayak, recreational), inflatables and sit-on-tops. 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.

Goals: The course is designed to help participants:

- Recall and apply the principals needed to have a safe day on the water
- Paddle in straight line; maneuver the kayak using appropriate basic strokes
- Outfit his/ her boat to comfortably fit their body
- Perform solo and assisted re-entry
- Dress appropriately for paddle conditions

It is our intent to help establish a foundation from which participants can confidently continue to develop skill outside of the class and experience the pleasures of the sport.

Prerequisite: None

Other Requirements: Appropriate swim gear for pool conditions; water socks if desired; ability to swim; nose clips will be offered for a \$10 charge at the class. Note that the pool temperature is maintained for competitive swimmers and might be cool. Polypropylene or neoprene tops and bottoms beneath swim shorts or bathing suits might be more comfortable for activity that involves climbing in and out of the kayaks.

Course Duration: 12 hours in four three-hour sessions; split between classroom and pool

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

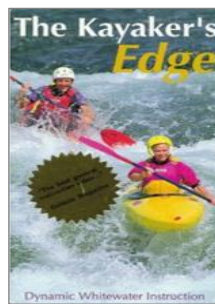
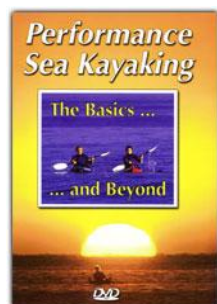
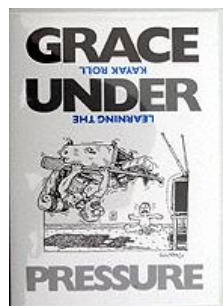
Class Size: Limited by pool capacity; typically 12 – 15 students

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

Successive Courses: Open pool time, “Rolls and Rescues” class; *Student Outing Weekend (River and Coastal)*; Coastal Skills Workshops (See www.WisconsinPaddlers.org for details)

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 and sessions, organized paddles and local outdoor or paddling groups.

The following is a general summary of course content for the Kayak Skills class. The content and sequence of instruction will be arranged to best fit participant needs, class location and time allowances. Parts of the following videos are typically used as part of the classroom instruction.



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Kayak Skills Class 1 - Classroom

1. Housekeeping and Introductions
 - a. YMCA Waivers, student contact data, label helmets
 - b. Class logistics/ timing
 - c. Safety/ Lifeguard-in-Charge / Secure valuables
 - d. Physical condition concerns/ issues/ nose clips
 - e. Introduction of Students
 - Paddling experience and interests
 - Own boats/ equipment? Type?
 - Hopes / expectations for this class?
 - f. Introduction of Instructors
 - Experience/ type of paddling
 - Other relevant information
 - g. Open pool dates – See on website (www.WisconsinPaddlers.org)
 - h. Canoeconia – March 9-11, 2012
2. Boats – 3 types (ocean, whitewater, recreation)
3. Skirts – nylon vs. neoprene – fit, tightness, purpose, grab loop
4. Entering boats
5. Paddle Intro – Hand placement and positioning (paddle per student)
6. Wet exit – Video (Grace Under Pressure), dry land demo
7. J-lean – Video (Performance Sea Kayaking), dry land demo

Kayak Skills Class 1 - Pool

1. Fit boats and helmets (label both)
2. Entry demo and enter boats (instructor assisted)
3. Raft up – wiggles and J-Leans
4. On-Water Demos
 - a. Demo wet exit and empty boats at side of pool
 - b. Demonstrate Eskimo bow rescue/ hip snap
5. Practice on/ in the water
 - a. Break into student/ instructor teams; progress to student wet exit (two times)
 - b. Pair students and practice bow recovery/ hip snap
 - c. Strokes – Forward and Reverse
6. Water games
7. Proper Wet Exit – hang on to paddle and boat

Supporting Materials

1. *Paddles for all students*
2. *Helmets for all students (duct tape and markers)*
3. *One whitewater kayak*
4. *Two skirts (nylon neoprene)*
5. *Nose clips*
6. *Cold Water videos to distribute*
7. *NEWP Club brochures*

Kayak Skills Class 2 - Classroom

1. Re-introductions/questions/ feedback/ review
2. Safety gear – overview of usage and storage
 - a. Protective - PFD, helmet
 - b. Boat re-entry and rescue - Pump, float, throw/ tow ropes, stirrup
3. Paddles – types and anatomy
 - a. Whitewater/ touring/ Greenland
 - b. Paddles– length – weight – blade shape – grip
 - c. Holding the paddle: paddler's box, torso rotation
4. PREP: Posture – Rotation – Eyesight – Positive Mental Attitude (Lawry balance drill)
5. Strokes (dry stroke drill)
 - a. Sweeps - Forward and reverse
 - b. Forward and reverse strokes
 - c. Draws – out-of-water, in-water, sculling
 - d. Videos – Performance Sea Kayaking, Kayaker's Edge

Kayak Skills Class 2 - Pool

1. Find/ fit boats, skirts, paddles
2. Stretch exercise – paddle pass rotation and boat parts
3. Demo strokes (forward sweep, reverse sweep, out-of-water draw, in-water draw, sculling draw)
4. In water torso rotation exercise – Side paddle
5. Sweeps – extension, torso rotation, posture
6. Water games (c.s.i.)
7. Draw strokes – out of water recovery; in water recovery; sculling
8. Review Session 1 Strokes (If time permits)
 - a. Forward stroke – down and back
 - b. Reverse stroke – down and back (stopping)
 - c. Proper Wet Exit

Supporting Materials

1. *Paddles for all students*
2. *Different PFDs (safety discussion)*
3. *Safety and communications gear*
4. *Exchange cold water videos*

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Kayak Skills Class 3 - Classroom

1. Re-introductions/questions/ feedback/ review
2. Communication (paddle signals, hand signals, radios)
3. Group paddle coordination
4. Dry land group paddle exercise
5. Paddler courtesy and etiquette
 - a. Eddies and playspots
 - b. Designated swim areas
 - c. Trespassing
 - d. Litter (leave no trace)
 - e. Fishermen, hunters and sailors
 - f. Boat landing courtesy /changing bags
6. Aquatic Invasive Species (AIS)
7. Braces – high and low
8. Rescues (solo – paddle float, assisted – T/ TX)

Kayak Skills Class 3 - Pool

1. Stretch exercise – paddle pass torso rotation
2. Demo rescues – out of boat solo with float and assisted (T/ TX or parallel with paddle)
3. Four people work on rescues in deep end
 - a. Rest of class works on braces - low and high
 - b. Sculling brace
 - c. Practice bracing using strap pulls
 - d. Bracing – low and high
 - e. Bracing turns and edging
4. Rotate all students – all students must participate in recovery/ re-entry
5. Proper Wet Exit

Supporting Materials

1. *Exchange cold water videos*

Kayak Skills Class 4 - Classroom

1. Re-introductions/questions/ feedback/ review
2. Hypothermia: video *Cold, Wet and Alive*
 - a. Clothing – options for all conditions; dressing for the water
 - b. Eating and hydration
 - c. Hyperthermia
3. Other Safety Issues
 - a. On water safety hazards – waves, current, strainers, rocks, low head dams
 - b. Weather (storms, wind, sun)
 - c. Signal gear - Lights, flares, whistles, Marine radio, mirror, air horn
 - d. Communication/ Navigation – Maps/ charts, compass, GPS, cell, VHF radio, hand signals
 - e. Personal fitness and health situations (hypoglycemia, bee sting, sun stroke,
4. Distribute evaluation forms
5. Paddle networking options: Student Outing Weekends (River / Coastal); Washington Island Canoe & Kayak Event (June), Door County Sea Kayak Symposium (July); NEWP Coastal Skills Workshops, Fox-WI River Heritage Paddle; informal paddle groups
6. Collect evaluation forms

Kayak Skills Class 4 - Pool

1. Review rescues – out of boat solo with float and assisted (T/ TX or parallel with paddle)
2. Stretch exercise – paddle pass torso rotation
3. Four people work on rescues in deep end
 - a. Rest of class works on braces - low and high
 - b. Sculling brace
 - c. Practice bracing using straps
 - d. Bracing – low and high
 - e. Bracing turns and edging
4. Rotate all students – all students must participate in recovery/ re-entry
5. Individual requests and reviews
6. Proper Wet Exit

Supporting Materials

1. *Cold weather gear display/ walk-through*
2. *Evaluation Forms*

Notes: