

## UNITED STATES CANOE



## Module #1: USCA Learn to Canoe

### ASSOCIATION, INC.

#### Course Description

The Learn to Canoe Module is appropriate for use with camps, scout groups, recreation departments, and others who require a short introduction to canoeing. The Module covers two hours and its purpose is to get groups on the water safely in tandem canoes.

#### Getting Ready (So we stay safe and dry!)

Introduction to course and instructor

Safety on the water (life jacket use; awareness of water hazards and weather)

What to wear

Parts of the canoe and paddle

Partner communication

Carrying, launching and landing canoes, safe entry and exit

Paddling dynamics: effective and efficient paddling

#### Strokes: Going Somewhere

- Forward Stroke
- Reverse
- Draws – Bow & Stern
- Push-Aways Bow & Stern
- Sweeps - Forward & Reverse Bow & Stern
- Rudder (From the stern when going forward: From the bow when in reverse)
- Sit and Switch
- Thumb up correction

#### Maneuvers: Getting from Point A to Point B

- Paddle forward straight for 50 yards
- Turn canoe in circle 180 degrees using Draws, Push-Aways, and Sweeps in combinations
- Move the canoe abeam 10 yards
- Turn the canoe 90 degrees both left and right
- Stop the canoe within two canoe lengths
- Paddle backwards straight 25 yards

#### Time and Conditions Permitting

Switch from bow to stern

Practice together as partners

Instructors demonstrate a canoe over canoe rescue

Participants practice controlled capsize, swim canoe to shore and empty it (time, venue, participant age, and weather conditions may preclude this)

**Review & Conclusion**

Discuss additional instruction options and limitations of course  
USCA membership information  
Evaluations