

UNITED STATES CANOE



Module #2: USCA Basic Moving Water for Canoe

ASSOCIATION, INC.

Course Description

The USCA Basic Moving Water for Canoe Module is the next instructional step for paddlers who want to learn to paddle moving water rivers safely and efficiently. This module will build upon the skills learned in the USCA Basic Recreational Canoe Module to learn greater efficiency, effectiveness, and safety in canoeing on moving water rivers. This module is divided into solo canoe and tandem canoe modules.

The training is for canoeing on moving water rivers. It is conducted on sections of rivers with current less than 4 miles per hour, with riffles and small waves, few obstructions, all obvious and easily missed, risk to swimmers is slight and self-rescue is easy. Completion of *USCA Basic Recreational Canoe is required*.

Solo Canoe Module

Introduction

- Introductions and course overview
- Review of USCA history and membership options
- Review of safety, site logistics, & environmental considerations
- Equipment check, life jackets, clothing check
- Discussion of student goals
- Review of canoe transportation if needed

Solo Canoe

- Concepts to increase paddling comfort and efficiency
- Environmental scan
- Review of parts of paddle & canoe
- Solo canoe types, paddle types (straight, bent, materials)
- Kneeling pads and options
- Fitness, conditioning, and warm up
- Overview of biokinetics – use of body in paddling, torso-rotation, core
- Principles of acceleration and unbalanced net forces on the canoe
- Integration of body-boat-blade for efficiency and control
- Hull dynamics – canoe trim

Concepts of paddling rivers

River classifications

Understanding currents and river features

Dealing with strainers, broaching, hydraulics, low head dams, undercut rocks and ice

Safety and rescue

Understanding risks, responsibilities, priorities, and group management

Rescue sequence: (RETHROG)

Scouting/Portaging/Lining

Signals: whistle, paddle, hand

Understanding cold shock, Hyperthermia and Hypothermia

Pins and entrapments

Rescues: self, assisted (side by side, canoe over canoe)

Towing a swimmer or canoe

Swimming defensive and aggressive

Throw rope use

Basic wading

Strokes and Maneuvers for Efficient and Graceful Travel

Review of basic strokes from USCA Basic Recreational Canoe Module as needed

Solo Strokes

- Forward Stroke
- Reverse
- Draws – Bow & Stern
- Push-Aways – Bow & Stern
- Sweeps - Forward & Reverse
- Rudder
- Sit & Switch (w/straights, bents)
- Stern Thumb Up Corrections: Stern Pry, Stern Draw

Solo Maneuvers

- **Front Ferries:** Paddle cross current point A to point B in a straight line with bow pointed up stream
- **Eddy Turns:** Enter large eddies at an angle less than 90 degrees demonstrating position, momentum, Initiation of the turn and heeling when crossing the eddy line, holding the lean into the eddy
- **Peel-Outs:** Leave large eddies crossing the eddyline at an angle less than 90 degrees while maintaining lean and momentum when entering the down stream current
- **C-Turns:** Exiting a large eddy and in a reasonable distance re-enter the same eddy
- **S-Turns:** Exit from large eddy on one side of the river and enter a large eddy located on the opposite side of the river using effective eddy turns and peel-outs

Practice

- Perform maneuvers from locations on river right and left

Review & Conclusion

Additional options for instruction and course limitations

USCA membership information

Evaluation

Tandem Canoe Module

Introduction

Introductions and course overview
Review of USCA history and membership options
Review of safety, site logistics, & environmental considerations
Equipment check, life jackets, clothing check
Discussion of student goals
Review of canoe transportation if needed

Tandem Canoe

Concepts to increase paddling comfort and efficiency (on-water session)
Environmental scan
Review of parts of paddle & canoe
Tandem canoe types, paddle types (straight, bent, materials)
Kneeling pads and options
Fitness, conditioning, and warm up
Overview of biokinetics – use of body in paddling, torso-rotation, core
Principles of acceleration and unbalanced net forces on the canoe
Integration of body-boat-blade for efficiency and control
Hull dynamics – canoe trim

Concepts of Paddling Rivers

River classifications
Understanding currents and river features
Dealing with strainers, broaching, hydraulics, low head dams, undercut rocks and ice

River Safety and Rescue

Understanding risks, responsibilities, priorities, and group management
Rescue sequence: (RETHROG)
Scouting/Portaging/Lining
Signals: whistle, paddle, hand
Understanding cold shock, Hyperthermia and Hypothermia
Pins and entrapments
Rescues: self, assisted (side by side, canoe over canoe)
Towing a swimmer or canoe
Swimming defensive and aggressive
Throw rope use
Basic wading

Tandem Canoe Strokes

Review of basic strokes from USCA Basic Recreational Canoe Module as needed

- Forward Stroke
- Reverse
- Draws – Bow & Stern
- Push-Aways – Bow & Stern
- Sweeps - Forward & Reverse
- Rudder
- Stern Thumb Up Corrections: Stern Pry, Stern Draw

Tandem Moving Water Maneuvers

Developing partner communication and cadence in a tandem canoe

- **Front Ferries:** Paddle cross current point A to point B in a straight line
- **Eddy Turns:** Enter large eddies at an angle less than 90 degrees demonstrating position, momentum, initiation of the turn and heeling when crossing the eddy line, holding the lean into the eddy
- **Peel-Outs:** Leave large eddies crossing the eddyline at an angle less than 90 degrees while maintaining lean and momentum when entering the down stream current
- **C-Turns:** Exiting a large eddy high and in a reasonable distance re-enter the same eddy
- **S-Turns:** Exit from large eddy on one side of the river and enter a large eddy located on the opposite side of the river using effective eddy turns and peel-outs

Practice

- Switch from bow to stern and repeat maneuvers
- Perform maneuvers from locations on river right and left

Review & Conclusion: Tandem Canoe

Additional options for instruction and course limitations

USCA membership information

Evaluation