

UNITED STATES CANOE



ASSOCIATION, INC.

## Module #2.1: USCA Basic Racing for Canoe

### Course Description

The USCA Basic Racing for Canoe Module is intended as an introduction for beginning paddlers who are interested in learning how to race a canoe.

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

Introduction to course and Instructor

History of canoeing and USCA

Discussion of student goals

Philosophy of the USCA paddling approach

Switching sides to steer – “sit and switch”

Key strokes (*as shown below*)

Bent shaft paddles

Importance of braces for feet and legs

“Up and back” – paddling upstream and downstream for return

Conservation including Leave No Trace

Life jacket use; awareness of water hazards and weather

Hypothermia and hyperthermia hazards

Review of clothing and equipment/gear for safety and weather conditions

Fitness and conditioning for canoe racing

Transportation of canoes

### Getting Ready to Paddle

Overview of the site (weather, environment, and water awareness)

Parts of the paddle & racing canoe

Lifejacket fit and use

Partner communication

Carrying, launching and landing canoes, safe entry and exit

Paddling dynamics: effective and efficient paddling; body-boat-blade dynamics; cadence; trim

Hints & tips for racing effectiveness

### **Strokes: Going Somewhere**

- Forward Stroke
- Reverse
- Draws – Bow & Stern
- Cross Bow Draw
- Rudder
- Sit & Switch

### **Maneuvers: Getting From Point A to Point B**

- Paddle in straight line for 100 yards
- Turn canoe in smooth manner and return to starting point
- Stop the canoe within two canoe lengths
- Paddle backwards straight 25 yards
- Demonstrate knowledge and ability to perform strokes to control the canoe
- Group Practice
- Switch from bow to stern and repeat maneuvers

### **Rescue and Safety**

- Float plan use
- Review dressing for getting wet
- Rescue priorities – people, canoe, gear/paddle
- Use of throw bags
- Safe exit upon capsizе – maintain contact with canoe and paddle
- Swim canoe to shore and empty
- Canoe over canoe rescue
- Assisted re-entry – heel hook, slings, and other assistive devices
- Signal Techniques for Rescue
  - Stay with canoe and wave for assistance
  - Hand signals
  - Flag signals
  - Whistle signals
  - Flashlight signals
  - Flare signals

### **Review & Conclusion**

Discuss additional instruction options and limitations of course

USCA membership information

Evaluations