

UNITED STATES CANOE



Module #3: USCA Beyond the Basics for River Canoe

ASSOCIATION, INC.

Course Description

The USCA Beyond the Basics for Canoe Module is the next instructional step for paddlers who want to learn more strokes and gain greater control of their canoe on rivers. This module will build upon the skills learned in the USCA Beyond the Basics and Basic Moving Water for Canoe. The module is divided into solo canoe and tandem canoe modules.

This is a skill development course for canoeing on fast water rivers. It is conducted on sections of rivers that do not exceed Class II (International Scale of River Difficulty), medium-sized waves, wide channels that are evident, occasional maneuvering required to avoid rocks and other hazards, self-rescue is possible while assisted rescue is helpful, the risk of personal injury is seldom. *Completion of the USCA Beyond the Basics for 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
- 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

Performed in moving water

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

Towing a swimmer or canoe

Swimming defensive and aggressive

Throw rope use

Basic wading

Strokes for Efficient and Graceful Travel

Review of basic strokes from USCA Beyond the Basics for Canoe Module as needed

Performed in Class I

- Forward Stroke – refine, stacked hands/vertical shaft, feathered blade on recovery
- Draws – refine, diagonal bow draw, stern draw
- Push-Away/Pry/Stern Pry (Thumb Up Correction Strokes)
- J-stroke
- C-stroke
- Sweeps - forward & reverse
- Cross Bow Draw
- Cross Forward Stroke
- Reverse Stroke – refine
- Reverse J-stroke
- Sit & Switch (w/straights, bents)
- Braces - high & low
- Sculling (on paddle side)

Maneuvers in Class I

- **Front Ferries:** Paddle cross current point A to point B in a straight line with bow pointed upstream
- **Eddy Turns:** Enter small eddies high on the eddy line 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 small eddies with momentum, crossing the eddyline at an angle less than 90 degrees with momentum, maintain heel, initiation, and turn into the current with control
- **C-Turns:** Exiting a small eddy high and re-entering another eddy on the same side of the river using effective peel-outs and eddy turns

- **S-Turns:** Exit from small eddy on one side of the river and enter a small eddy located on the opposite side of the river using effective eddy turns and peel-outs
- **Back Ferries:** Paddle cross current point A to point B in a straight line with bow pointed down stream
- **Sideslips (Shifts):** Move the canoe laterally while maintaining forward momentum to avoid obstacles
- **Spins:** Spin the canoe on the vertical axis 360 degrees in 1-2 foot waves to the onside and offside
- **Wave Troughs:** Leaving and entering eddies using wave troughs to move laterally across currents
- **Attainments:** Travel upstream using eddies and micro-eddies formed by river features to perform maneuvers, rescues, or play
- **Carving:** Moving the canoe forward performing onside and offside arcs with forward and cross forward strokes, using cadence, shaft angle, stroke position and hull tilt to control the arc.

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
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
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

Performed in moving water

Rescues: self, assisted (side by side, canoe over canoe)
Towing a swimmer or canoe
Swimming defensive and aggressive
Throw rope use
Basic wading

Strokes for Efficient and Graceful Travel

Review of basic strokes from USCA Beyond the Basics for Canoe Module and refine as needed on quiet flatwater

Performed in Class I

- Forward Stroke – refine, stacked hands/vertical shaft, feathered blade on recovery
- Draws – refine, diagonal bow draw, stern draw
- Push-Away/Pry/Stern Pry (Thumb Up Correction Strokes)
- J-stroke
- C-stroke
- Sweeps - forward & reverse
- Cross Bow Draw
- Cross Forward Stroke
- Reverse Stroke – refine
- Reverse J-stroke
- Sit & Switch (w/straights, bents)
- Braces - high & low
- Sculling (on paddle side)

Maneuvers in Class I

- **Front Ferries:** Paddle cross current point A to point B in a straight line with bow pointed upstream
- **Eddy Turns:** Enter small eddies high on the eddy line 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 small eddies with momentum, crossing the eddyline at an angle less than 90 degrees with momentum, maintain heel, initiation, and turn into the current with control
- **C-Turns:** Exiting a small eddy high and re-entering another eddy on the same side of the river using effective peel-outs and eddy turns
- **S-Turns:** Exit from small eddy on one side of the river and enter a small eddy located on the opposite side of the river using effective eddy turns and peel-outs
- **Back Ferries:** Paddle cross current point A to point B in a straight line with bow pointed down stream
- **Sideslips (Shifts):** Move the canoe laterally while maintaining forward momentum to avoid obstacles
- **Spins:** Spin the canoe on the vertical axis 360 degrees in 1-2 foot waves to the onside and offside
- **Wave Troughs:** Leaving and entering eddies using wave troughs to move laterally across currents
- **Attainments:** Travel upstream using eddies and micro-eddies formed by river features to perform maneuvers, rescues, or play
- **Carving:** Moving the canoe forward in an arc when entering and leaving eddies, using the MITH concept (Momentum, Initiation, Tilt and Hold)

Practice

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

Review & Conclusion

Additional options for instruction and course limitations

USCA membership information

Evaluation