

UNITED STATES CANOE



## Module #3: Solo USCA Beyond the Basics for 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. This module will build upon the skills learned in the USCA Basic Recreational Canoe Module and assists paddlers in gaining greater efficiency and effectiveness in canoeing.

### **Introduction:**

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

Concepts to increase paddling comfort and efficiency (on-water session)  
Environmental scan  
Review of parts of paddle & canoe  
Solo canoe types, paddle types (straight, bent, materials)  
Kneeling pads and options  
Overview of biokinetics – use of body in paddling, torso-rotation, core  
Integration of body-boat-blade for efficiency and control  
Hull dynamics – canoe trim

**Strokes for Efficient and Graceful Travel:**

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

- Forward Stroke – refine, stacked hands/vertical shaft, catch forward; power ending at knee, feathered blade or slice to 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, stacked hands/vertical shaft, feathered blade or slice to recovery
- Reverse J-stroke
- Sit & Switch (w/straights, bents)
- Braces - high & low
- Sculling (on paddle side)

**Maneuvers:**

- Paddle forward with thumb up corrections and j-stroke straight for 100 yards
- Turn canoe in a circle 360 degrees using draws, sweeps, push-aways, prys, and sculls in combinations
- Move the canoe abeam 20 yards
- Paddle a figure 8 course out and back demonstrating control of canoe with a turn around the last buoy
- Turn the canoe while moving 90 degrees both left and right
- Paddle in reverse under control for 25 yards
- Stop the canoe within two canoe lengths
- Stop Turn
- Sideslips; drawing and prying

**Review & Conclusion:**

Additional options for instruction and course limitations

USCA membership information and history as a handout

Evaluation