

UNITED STATES CANOE



Module #3: Tandem 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. The module is divided into solo canoe and tandem canoe modules.

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
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, paddling on opposite sides of canoe
Review of importance of partner communication and cadence in tandem canoe

Strokes for Efficient and Graceful Travel: Tandem Canoe

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

Bow	Stern
<ul style="list-style-type: none"> • Forward Stroke – refine, stacked hands/vertical shaft, feathered or slice blade on recovery • Bow Draw-refine, diagonal bow draw • Bow Push-Away/Pry • Sweep - forward • Cross Bow Draw • Braces - high & low • Sculling (drawing & prying) (on paddle side) • Reverse - stacked hands/vertical shaft, feathered or slice blade on recovery • • Reverse J-Stroke • Sit & Switch (straights/bents) 	<ul style="list-style-type: none"> • Forward Stroke – refine, stacked hands/vertical shaft, feathered blade or slice on recovery • Stern Draw-refine, diagonal stern draw • Sweep – reverse • Cross Stern Draw • J-Stroke • Stern Pry (Thumb up correction) • Stern Push-Away/pry • Braces - high & low • Sculling (drawing & prying) (on paddle side) • Rudder • Reverse- stacked hands/vertical shaft, feathered or slice blade on recovery • Sit & Switch (with straights/bents)

Maneuvers:

- Paddle forward with stern thumb up corrections and j-stroke straight for 100 yards
- Paddle forward with Sit & Switch 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 and good partner communications 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