

USCA Basic Canoe Instructor Skills

Strokes

- Forward
- Reverse
- Stop
- Draws (Bow/Stern)
- Cross Bow Draw (Bow)
- Push Away (Bow/Stern)
- Prys (Bow/Stern)
- Rudder (Stern)
- J-stroke (Stern)

Maneuvers

- Forward straight (50 yards)
- Reverse Stright (25 yards)
- Stopping – under control (2 boat lengths)
- Spins (in place, both directions)
- Turns while underway
- 90 degree turn while moving
- Move Abeam (10 yards – both ways)
- Sit and Switch

Rescues

- Controlled Capsize – swim canoe to shore and empty
- Review heel hook and re-entry techniques
- Canoe over Canoe rescue
- Side by Side rescue