Whitewater Kayaking Class – Sample Class Outline
1st Class

Introductions – why did you sign up for this class? Do you have any previous paddling experience? Reel Story, Group juggle, other ice breakers –
Class Expectations – what to expect, attendance policy
Collect & review **medical forms –**
Read aloud and sign **waivers –**

Personal Issue – (record all sizing information and submit form to Outfitting)
Fitting for wetsuits & booties -
Boats – design / performance, fitting -
Paddle – blades, power face, back face, shaft –
Skirt – purpose, sizing, putting on, grab loops –
PFD – type & fit, whistles -
Helmet – proper fit –

Warm-up & stretching -
Jump in pool, swim a lap without PFD as an assessment. Students must be competent swimmers before paddling on moving water.
Stretching on pool deck

Wet Exits – Explain / Demo. practice one-on-one with instructors in shallow end
- Grab loops out (Got Loop?)
- Tuck / Pull / Push
- Point your toes and separate your body from your boat

Bow Rescues (T-rescues) – (demo: whole-part-whole)
- Hip snaps on wall
    - Kayaker's knee (push against the thigh brace with one knee while the other knee is not engaged with the boat at all)
    - Upper body is quiet (like it is in a vice). Only the lower body is moving. The hips do the work
    - Quick snap
    - Follow through like you are kicking a ball
    - Neutral torso position (90 angle between boat & torso)
- Progress from both hands on bow of rescue boat, to one hand holding on while you are underwater, to full rescue
- Full rescue – lean forward and hit boat 3 times, then run hands along sides of boat. Rescue boat should come in at the bow of partner's boat in order to be positioned well for their hands

Hand Paddling –
Loose hips = no flips
Game of Ultimate Frisbee

Snack Break and stretch your legs

Paddle Self Exploration -
Wet exit and swim boat & paddle across pool to practice self-rescue-

Holding the Paddle -

- Correct orientation (powerface/ backface)
- Hands shoulder width about 90^0 angle
- Right hand control knuckles lined up with edge of blade
- Upright posture (leaning forward slightly at hips, chest forward, chin out, don't hunch)

Forward Stroke & Backstoke: -

- upright posture, look straight ahead where you want to go
- wind torso, plant blade by toes, unwind torso, exit blade at hips. After you plant the blade, use your abs & legs to move the boat. (like your blade is in Jello)
- First 6-8in. of stroke accelerates boat the most, once you are past the hip, boat is decelerating
- Maintain a vertical paddle shaft close to the boat to propel forward
- Minimize splash with paddle and keep boat flat and calm
- Upper hand is at forehead level while lower hand controls active blade
- Maximize forward extension and "break the plane of glass behind you with your shoulder blade"

Forward & Reverse Sweeps –

- Spin momentum
- Wind torso, plant blade, unwind torso, exit blade
- Use abs and legs to spin the boat instead of pulling with the paddle
- Active arm is almost straight in order to get maximum extension
- To start, watch your paddle to get the most extension
- As you get more proficient, pre-turn your head
- Combination strokes: forward sweep / reverse sweep

Slalom Course –

Rinsing & putting away gear & putting back in lane lines – start by 9:40pm

Closing & Debrief –

Whitewater Kayaking – Sample Class Outline
2nd class – in pool

Warm-up paddle around the pool
In boat stretching -

Review & practice wet exits (have students recall key points)
Review & practice bow rescues (have students recall key points) –

Paddler's Box - An imaginary box in front of the paddler's body plane that goes no higher than the forehead, stays in front of the torso and shoulders, and extends as far forward as the paddler can comfortably reach. Always keep your hands and paddle in front of your torso within the paddler's box. When your torso rotates through a stroke, the imaginary box rotates, too. (Etch-a-sketch analogy). Shoulder injuries are common in paddling, but understanding the paddler's box can help prevent putting the shoulder in a vulnerable position.

Demo the C to C Roll – (whole-part-whole)

Hip snap – Practice on the wall, on instructor's hands, full circle underwater and to instructor's hands

- Kayaker's knee (push against the thigh brace with one knee while the other knee is not engaged with the boat at all)
- Upper body is quiet (like it is in a vice). Only the lower body is moving. The hips do the work
- Quick snap
- Follow through like you are kicking a ball
- Neutral torso position (90 angle between boat & torso)

Position #1: Set-Up

- Paddle flat on surface of water
- Head tucked down and the side of the boat

Position #2: Sweep (instructor holding paddler so head is above water)

- Feel boat on forearm
- Feel air on both knuckles

Position #3: Hip Snap / Finish

- Head down
- Watch the paddle the entire time
- Paddle finishes just off the hip (like closing scissors)

<u>Common Problems with the Roll</u>

- Weak hip snap
- Bringing the head up first
- Engaging both knees while trying to roll up
- Diving paddle – help lift into position with knuckles at the surface
- Rushing through the steps – encourage to think through step by step
- Leaning too far back – torso should be in neutral position or leaning slightly forward
- Too much emphasis on the paddle - Remind them that you are just swinging the paddle out of the way so the boat will roll up.

Snack Break

Review Strokes (have students recall key points)

- Forward Stroke
- Back Stroke
- Forward Sweep
- Reverse Sweep

Introduce Correction Strokes -
Stern Draw / Rudder Pry

- Last quarter of sweep
- Bring your boat to your paddle (wag your boat)
- Practice stationary and with some forward speed

Kayak Polo -

Edge Control -

- Tilt boat on edge while body maintains a J lean (#1, #2, #3 lean)
- Paddle in a circle while maintaining boat on edge
- Introduce how this will be used in current

Braces –
Low Brace

- Safer because it puts shoulder in a better position
- Elbows move shaft
- Backface smacks water, roll wrists back to exit blade
- Horizontal shaft with hand on side you are bracing as control
- Start with flat boat, then incorporate boat tilt: head drops toward bracing side and hips right the boat

High Brace

- More vulnerable position for shoulder
- Bend wrists back and keep elbows down below shoulder
- Powerface smacks the water, bend wrists forward to exit blade
- Start with flat boat, then incorporate boat tilt & J-lean

Logistics for Saturday's day trip

- Meeting time & place
- Things to bring / wear
- What to expect
- ETA back at COE / return boats to Helen Newman, hang gear to dry in Nebraska

Rinsing & putting away gear & putting back in lane lines – start by 9:40pm

Debrief –