

Course Outline:

Each instructor is expected to work from a course outline that presents the material logically and efficiently. A reasonable starting point is to adopt the schedule that was used when the instructor took the course. However, flexibility is needed when the instructor is adapting to different venues and time slots. The following outline divides the material into seven sessions tied to the requirements. Scheduling involves grouping the sessions into available time slots. Individual topics may be shifted from one session to another. For example, use of a throw bag could be covered during an onshore break from paddling practice between sessions. An optional session may be added to include both canoeing and kayaking. Notes follow for each of the sessions.

Session I – Prerequisites (~ 45 min, but duration variable – pool or swim area)

- Health history review
- Swimmer classification

Session II –Safety Afloat principles (120 min – classroom)

- Introductions
- Course requirements, expectations, and schedule
- PowerPoint presentation on safety, rules & procedures
- Break-out exercise on trip planning

Session III – Intro to paddle craft (45 min)

- Boat design and nomenclature
- Paddle parts and selection
- PFD selection and fit
- Carrying craft to and from the water
- Launching
- Paddling positions
- Trim and balance

Session IV – Stroke execution and function (45 min)

- Forward – back
- Draw – pry
- Forward- reverse sweeps
- Rudder
- Stern steering stroke (for canoes)

Session V – Maneuvers (90 min)

- Maintaining a straight course
- Stopping
- Moving sideways
- Pivots
- Turns under way
- Individual practice
- Group drills

Session VI – Safety Skills (75 min)

- Throw-bag use (from land)
- Capsize drill (for some kayaks, this exercise is moved to Session III)
- Emptying a swamped boat
- Boat over boat assist
- What to do if separated from boat in cold water
- What to do if separated from boat in a current
- Swimmer assist

Session VII– Written Exam and Review (60 min - classroom)

- Written exam
- Review of missed questions
- Participant evaluation of course

Session IX – Dual craft training (optional)

- Repeat of Sessions III through VI for kayaks or canoes, depending on which was used first.