



# Canoe Rolling

(Sample Skills Course)

**Course Overview:** The **Canoe Rolling** is for the Low Brace Open Canoe Roll. It can be modified for other types of Open Canoe Rolls as long as it puts the student's safety first. Instructors may use their own discretion and creativity in terms of scheduling and teaching style, however, the general content should be maintained and remain consistent with this Outline.

## **Essential Eligibility Criteria (EEC):**

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket\*
8. Get on / off or in / out of a paddlecraft independently or with a reasonable amount of assistance\*
9. Independently get out and from under a capsized paddlecraft\*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance\*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation\*

*\* To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

**Course Prerequisites:** None

**Course Duration:** 1 or more days

**Course Location / Venue:** Ideal conditions would be an indoor heated pool. If not available, a calm, warm, shallow water environment would suffice.

**Instructor:** ACA Canoeing Instructor with the Canoe Rolling Endorsement



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**Class Ratio:** 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

The following is a general summary of course content for the **Canoe Rolling** course. The content covered and sequence of instruction should be adjusted to best fit the participant's needs, class location and time allowance.

## Course Content

### Introduction, Expectations, & Logistics:

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

- Wind
- Waves
- Weather
- Water

### Personal Preparation:

- Personal ability
- Swimming ability
- Water comfort & confidence
- Fitness, conditioning, and warm up
- Safe paddle and boat handling
- Safety and rescue considerations
- Personal equipment (reviewed by Instructor)

### The Paddling Environment:

#### Dryland Orientation

- Environment-underwater learning
- Physical-flexibility, fatigue
- Emotional-fears
- Cognitive-information overload
- Equipment Orientation
- Whitewater canoe outfitting – thighstraps,
- footbraces, knee wedges, etc
- PFDs

#### Wet-exit Demonstration and Practice

- Dryland wet-exit demo and practice (getting feet off footbraces, tucking forward and rolling out, releasing thigh straps if necessary)
- Safe launching and landing from pool's edge
- Demonstrate wet-exit
- On-water wet-exit practice (one-on-one supervision in shallow end)

#### Boat Fit and Adjustment

- Boat fit and adjustment
- Lower body boat control (emphasize being able to stay in the boat and having good contact with the knees.)

#### Roll Demonstration

- Demonstrate low brace roll several times, whole/part/whole)
- Emphasize the roll is done with the lower body and not the arms



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- Emphasize proper arm placement in the demonstration to prevent shoulder injury (The shaft hand should be kept near the forehead and the elbow bent and in front of the body plane.)

## Roll Progression

Stretches and get students into boats.

### One on one in shallow water

Lower body, leg movement refinement (This is done initially without a paddle, and then the paddle is added)

- Instructor supports student by holding their hands on their on-side
- Student rolls to a partially submerged position on their on-side, with shoulders parallel to the surface, face down, back arched
- Student rolls canoe up by using lower body muscles, (not arms) pulling up with onside knee and pushing away with offside knee.
- Student keeps looking down and keeps head down.

Set-up position

- Acquaint the student with the forward tuck position, with the paddle on the offside of boat, with proper hand placement and paddle feather as a set-up position for safety and as a starting position
- Student rolls to the on-side (instructor supports student by PFD just above water surface and guides paddle from the set-up to 90 degrees to the keel line and goes from the high brace position to the low brace position
- Allow student to set-up on their own with your support
- Student rolls away from the instructor in the proper set-up position (instructor awaits for paddle to surface and then helps guide paddle into proper position and provides support

Putting it all together

- Guide paddle into position by lightly supporting the sweeping blade ensuring proper blade angle and orientation
- Minimally assist by standing at stern and twisting boat upright if needed
- Revisit any previous step to further develop needed skills
- Consistently monitor for proper hand and arm position to prevent shoulder injury
- Carefully observe students for fatigue and confusion
- Encourage students to work with partners when they are awaiting their one-on-one time
- Provide and encourage breaks

## Conclusion & Wrap Up:

- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Demo advanced maneuver
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation cards



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Note that most students learning the open canoe roll, will take several sessions before they master the skill.

## **Course evaluation**

Evaluation: Students will be evaluated on their ability to:

1. Maintain proper hand and arm positioning to prevent injury
2. Effectively roll the boat using their lower body
3. Arch their body close to the surface during the setup
4. Keep their head down when surfacing
5. Complete the roll with the proper finish position

**Equipment:** Properly outfitted open canoe