



River Paddling Lesson Levels

LEVEL	DESCRIPTION
Each Session	<p>Be friendly, upbeat, respectful, confident. Waiver/Media Release signed? Group Introductions. Explain overview of expectations/limitations. Warm-up and stretching. Always engage and ask for feedback. Keep lessons simple, short and memorable. Monitor attention levels. Stretching / bio-break or short game needed? Look for ways to instill teamwork. Cheer student success and encourage students to help each other. Tasteful joking and teasing is great to relieve tension. Fun teaching tips: 1) Try to teach without speaking using only gestures and mimics (on easy water). 2) Keep a tennis ball in you boat. If students need a break from teaching, play a little kayak football.</p>
11	<p>River Safety Intro Talk: <u>Personal Responsibility</u> - Assumed risk: Know water/river conditions and difficulty before put-in. Never boat alone. Be aware others may put selves at risk to rescue you. Strive to not be weak link or habitual moocher. Rest, eat well night before. Bring food/water/sunscreen/toilet paper with you. Hydrate! (bring extra water). Proper clothing (layering) to avoid hypothermia. Keep boat/equipment in good shape. Carry rescue gear (biner, rope-bag, first-aid), air-bags in kayak. If medication / disability, make others aware. <u>Personal protection</u>: PFD, helmet, booties. Keep helmet/PFD on while scouting and bio-breaks. Use paddle to walk with when scouting.</p>
12	<p>Group-Safety Talk: Minimum group size 3 (4 better). Before put-in, establish plan, know who has rescue equipment (first aid, biners, rope-bags, cell-phone, spare paddle). Establish lead/sweep, assess weaknesses/strengths. Know where rescue access points are. Do not leave group without telling someone. Keeps eyes on others, make sure eyes are on you. Instill TEAMWORK!</p>
13	<p>Rescue Talk: <u>Self-Rescue</u> - Priorities: Brace, roll, wet-exit. Swimming feet-Up and downstream, Know river hazards. Take active part in your own rescue: If another boater is towing you, kick-feet. Follow commands of person towing you. <u>Rescue of others:</u> Assess, 1st rule of rescue – don't become another victim. Approach victims with caution. Use positive commands ("Feet-Up!"), <u>Priorities</u>: 1-swimmer, 2-paddle, 3-boat. <u>Communication</u>: River-right/left, paddle Signals, Emergency hand signals. Pool practice of rescues. River practice of swimming in current and throw-bag practice.</p>
14	<p>River Features/Hazards Talk: Eddys, Hydraulics, Waves, Ledges, Strainers, Reading water, Scouting. Use <u>River-Features</u> power-point or PDF. Allow 30-40 minutes with questions.</p>
15	<p>Rapid Walk: Walk group into mini-rapid (helmets, PFDS, paddles as walking sticks). Let students find eddys, waves, hydraulics, lines (where is most water flowing) and hazards. Use toy boat to simulate broach/pins, eddy-turn, peel-out, ferry, surf, stuck in hydraulic.</p>
16	<p>River Maneuvers – Introduction: Demonstrate and model good paddling posture, torso rotation. Review shoulder safety, paddlers box, elbows close to body, never passing ribs or above shoulders. Review boat rocker, soft-edges, hard-edges and how current effects.</p> <p>Eddy-Turn, Peel-Out, Ferry Practice: Find safe/easy spot with clearly visible eddy-lines. Use edging, circle paddling. Practice short forward sprints with quick turns before attempting eddy-lines. Explain that focus, boat angle, balance, timing, paddle-</p>

	placement and edging will vary depending on force of water. Mix up moves as S-Turns, wide/shallow peel-outs that include a ferry. Challenge with reverse (backward) peel-outs, eddy-turns and ferries. Start a follow-the-leader game – instructors start, then each student becomes leader. Make sure everyone is enjoying. Look for “eddy-flowers” (people not participating) and engage them
17	Dealing with Rocks/Navigating: <u>Pins:</u> Use toy boat or stick to illustrate bow pin, broach pin. Lean into rock – upstream edge UP. Work off backwards. Practice broaching on slow-water. <u>Glancing</u> (hitting rock in front quarter). Combo of weight toward rock and paddle stroke. Demonstrate zig-zag (bow-sweep that turns into stern-pry) and ruddering for fast turns in rock-gardens. Backward paddling (stern ferry) to pre-position. Boofing. Practice.
18	Rope-Bag Rescues: <u>Thrower:</u> Rope care (sand/dirt). Do not allow rope to fasten to body. Thrower position. Target just downstream of victim. Be ready to belay and pendulum swimmer in. Be ready for 2nd toss - how to recoil rope. Rope-bag packing. Practice in pool or easy river rapid. <u>Victim:</u> Catching rope, face downstream, rope over shoulder away from shore. Do not wrap rope around any part of body. Allow to pendulum in. Practice in pool or easy river rapid.
19	Surfing: Look for easy holes/waves. <u>Side surfing in hydraulic:</u> Recognize sticky holes - more vertical drop/volume - more sticky, Know exit points before jumping in. Upstream edge UP, balance body in J-lean, skulling and mixing in strokes, exit hole/using edges. Spinning and maintaining orientation upstream. <u>Bow-surfing in wave:</u> Point out troth, carving, Entry on wave using stern-draw, pearling, hips, turn torso to rudder paddle (shoulder protection). Tip: Instructor stand in water (easy hole) to hold boat.
20	Advanced River Paddling: S.A.V.E. Speed – Angle – Vision – Edge – used in all river maneuvers. Explain lateral-momentum (moving across current) for more precise targeting of eddys. Find more challenging locations to practice S-turns, shallow peel-outs and wide peel-outs (mixing in a ferry) and jet-ferries using troth of waves. Challenge students to perform maneuvers with minimal number of strokes. Have students practice maneuvers backwards. Ask students to take lead and play follow-the-leader. Find a spot with fast, deep current that flattens out. Preposition rescue boaters and ask students to practice peeling out, flipping and rolling in current.