

# Whitewater Canoe Class Overview

Whitewater canoe classes provided at the annual Chota Canoe and Kayak school are for either **Beginners** with no paddling or limited experience paddling in moving water, or **Intermediates** with focus on more advance paddling techniques. Instruction will include a strong emphasis on safety and river reading skill development. Such as, use the flow of the river to move your canoe with proper paddle techniques instead of attempting to overpower the river with paddle strokes.

Classes offered will include –

1. Beginner Solo Canoe
2. Intermediate Solo Canoe
3. Beginner Tandem Canoe
4. Intermediate Tandem Canoe

Boat Types and Equipment

- Outfitting boats to the paddler, choosing the canoe versus type of desired paddling (i.e. boat designs)
- Equipment choices, such as floatation bags, thigh straps, pedestal seats, paddles and helmets

Paddling strokes - Beginner

- Paddle strokes – forward, reverse, low brace, high brace, forward sweep, backward sweep, J, pry's, side draw and scull

Paddling strokes – Intermediate

- Paddle strokes – review/practice of beginner strokes with addition of compound strokes, underwater recovery strokes, and advance stroke efficiency in paddling technique

Paddling Maneuvers

- Sweep and brace turns, reaction drills, edging boat, ruddering boat

River Reading

- River left and river right, scouting, currents, upstream and downstream V's, standing waves, pillows, eddy's, and river class designations

Safety Topics

- Swimming position, self rescue and assisted rescue, rescue by boat or rope, buddy system, Lead and sweep, river signals
- Hazards such as rocks, strainers, holes, dams, and undercuts

River Maneuvers

- Ferries, eddy turns, peel out and surfing (bow and side surfing)