

3 Star Open Canoe - Training Notes

Refer also to the syllabus and assessing notes

Part A – Personal Paddling Skills

A.1 Lifting, carrying and launching/landing

Understand the principles of safe lifting and carrying. Launch & land at a variety of environments minimising damage to the bank.

A.2 Efficient forward paddling.

Understand the key points of good forward paddling technique and the importance of engaging the larger muscle groups of the body not just relying on their arms.

- **Trim.** Develop an appreciation of wind speed and direction and how it affects their boat. They should also understand how boat trim, paddling side, wind speed and direction affects performance. Experience a range of techniques to enable them to adjust their trim and optimise their performance e.g. their seating position, carrying a load etc. This awareness should include experience of winds of up to force 3 as well as paddling a range of types of canoe and whilst paddling solo and tandem. The use of a triangular course may be of use when developing this awareness of trim. Trim should be a key underpinning point throughout their training.
- **Acceleration.** Develop the ability to accelerate the canoe from both a stationary position and whilst on the move within 3-4 strokes. The need for a vertical paddle shaft should be appreciated as well as a short, sharp correction to keep the boat on course.
- **Cruising.** Appreciate how variation within a J-stroke affects its performance. Develop a fluent and rhythmic forward paddling stroke that is predominantly a J-stroke. Be aware of the effect the length of a stroke has on its performance as well as how corrections made using the gunnel and without touching the gunnel affect outcome. An awareness of how boat trim and tilt can enhance this stroke is also crucial.
- **Knifed Strokes.** Develop both paddle finesse and an awareness of the how to use the recovery phase of a stroke to help to maintain boat control.

A.3 Efficient reverse paddling.

Understand the key points of good reverse paddling technique and the importance of engaging the larger muscle groups of the body and not relying just on the arms.

- **Trim.** Develop an appreciation of wind speed and direction and how it affects their boat. Understand how boat trim, paddling side, wind speed and direction effects performance. Experience a range of techniques to enable them to adjust their trim and optimise their performance e.g. their seating position, carrying a load etc. This awareness should include experience of winds of up

BCU Star Awards January 2008

to force 2 as well as paddling a range of types of canoe and whilst paddling solo and tandem. The use of a triangular course may be of use when developing this awareness of trim. Trim should be a key underpinning point throughout the training.

- **Stopping and Acceleration** – Develop the ability to stop the canoe and then accelerate in reverse within 1-2 boat lengths – this is an essential skill should the paddler wish to descend rivers where they may need to check their speed and set the boat up for a reverse ferry glide. A vertical paddle shaft and effective cross deck correction stroke play key roles in this manoeuvre.
- **Control over a figure-of-8 course** - Develop a range of reverse paddling strokes and techniques. Paddle a reverse figure of eight course. Be introduced to a wide variety of strokes and techniques such as reverse-J stroke and the cross-deck backwater strokes. Wind awareness and boat trim will again play an important underpinning role in a skilful performance.

A.4 Turns whilst on the move.

The following moves must be performed on both the on and off sides of the boat:

- **Tight turns/Open turns.** Develop an appreciation of how to carry or lose speed during a turn. Understand the effect that speed, boat tilt and hull shape will have on the shape of their turn. In addition they should be able to use appropriate strokes to assist in tightening a turn up or opening it out.

A.5 Moving sideways, both static and on the move.

Be able to move the canoe sideways both toward and away from the paddle. A balanced application of the stroke is required in order to avoid the canoe rolling or yawing. A range of strokes including draw, sculling and pry strokes should be covered. The upper body should be rotated toward the paddling side, with the blade deep for maximum efficiency.

Additionally, when on the move fine adjustments of blade angle and its position should be made to maintain the sideways movement.

A.6 Supporting, both static and on the move.

Develop an understanding of a good brace position, loose hips, firm blade placement and upper body movement back inside the boat.

A.7 Entering, crossing and exiting a simple flow.

Explore the effects of angle, speed and edge when crossing simple flows from an eddy.

A.8 Poling.

Develop balance and basic control with a pole whilst standing in the canoe. The role of trim should also be appreciated.

BCU Star Awards January 2008

A.9 Sailing.

Experience a range improvised ways to “capture” the wind to assist in downwind travel. Understand the limitations of any improvised sail and any safety considerations.

A.10 Securing.

Look at a number of methods used to secure boats – this securing may be temporary such as a pier, jetty, river bank or shoreline, as well as for storage or transport – boat racks, roof racks and trailers.

Part B – Rescue Skills

B.1 Capsize, swim and self rescue.

Be confident capsizing, swimming with boat 25m to shore as well as climbing back into a canoe with someone holding onto the far gunwale.

B.2 Deep water rescue.

In performing any rescue be aware of the importance of safe lifting techniques and how to best use the person in the water to assist in their own rescue.

B.3 Towing and use of tow line.

Experience a range of towing techniques that can be efficiently deployed. Understand the importance of a releasable system and the dangers associated with towing.

Part C – Safety, Leadership & Group Skills

C.1 Personal risk management.

Practical application of the theory of D.1 Equipment and D.2 Safety from Part D

C.2 Awareness of others.

Raise awareness of the importance of good observation of other group members and be able to relay signals through the group.

Part D – Theory

Students should be given background theory as appropriate throughout the training and be shown a list of information resources

D.1 Equipment

The training coach should provide them with an understanding of how and why a range of equipment has evolved and how best to use it.

D.2 Safety

Develop a sound safety framework with use of practical, dynamic risk assessments.

D.3 Weather

Be able to understand and interpret weather forecast information from a variety of sources.

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D.4 Hypothermia/first aid

Understand the factors that contribute to hypothermia and have strategies to avoid it. Be able to deal with the most likely paddlesport injuries.

D.5 Access

Be aware of the range of access issues throughout the UK and where additional information can be found.

D.6 Environment

An appreciation of the environment we paddle in should be a key underpinning principle for paddlers. Be aware of our environmental impact and be proactive in minimising this impact.

D.7 Planning

Know what questions to ask and how to go about organising a day out.

D.8 Group Awareness

Be a productive member of a paddling group and understand different roles within the group of paddlers on the water.

D.9 General

Develop a wide general knowledge of all aspects of the sport.

D.10 Navigation

Be able to use a map and compass to identify obvious features and identify your position.

D.11 Etiquette

Promote a positive image for paddlesports with other river users and local residents.