

Pool Training for Beginners.

(For animation of basic strokes see "kayakpaddling.net.")

The Paddler's Progression :-

Part One. - The Pool.

1. Capsize Drill. Dealing with a trapped release strap. Using the Canoe as Buoyancy
2. 360 Degree spins using right and left forward and reverse sweeps. Turning left and right.
3. Forward and Reverse paddling.
4. Emergency Stop.
5. Hip Flick.
6. Stern Rudder.
7. Low and High Brace.
8. Edging and Leaning.
9. Draw Stroke and Sculling Draw.
10. Bow rudder.
11. Sculling for support; head in the water both sides. The Half Roll; on **both** sides.
12. Rolling :- Pawlata, Extended Screw, Screw, C to C with appropriate finishing variants; static, on the move. With and without Kit on **both** sides! With the exception of the C to C the "**Mantra**" for the roll is: - **Paddle out, Cock it, Sweep it, Hip flick, Lean back.**
Tips:- 1. **Cock the leading blade 30 degrees to the surface before sweeping**
2. **Look** at the underside of the leading blade for as long as possible **throughout** the roll.
13. How to deal with a "failing" roll using a reverse sweep or sculling support with hip flick..
14. Rescues;- Bow Rescue, as Rescuer and Rescued. As pool boats do not lend themselves to the teaching of the Hook In, Inbetween, Side and Rescue variants, these will be taught in **Part**

Part Two.

Progression To:-

Loch, Estuary, and Sea.

1. Kayak Entry and Exit. Launching. Landing (with Skeg up!). Kayak care. Check your Buddy.
2. **Rehearse and practice all of the above then on to;-**
3. Forward and Reverse Paddling.
4. Using a skeg.
5. Formation paddling. Rafting up; when, and when not. Rafted Resuscitation.
6. Re-entry and Rescue:- **You must hold on to paddle and boat until Rescue arrives.**
7. Assisted re-entry :- Hook In, In between, Side, and variants. Draining a laden kayak.
8. Turning:- Low brace, Leaned and Tilted turns. Forward and reverse figure of eight.
9. Breaking "In" and Breaking "out".
10. Towing a single Kayak .Towing supporting Kayak alongside a third party and Variants.
11. Bow Rudder.
12. Hanging Draw.
13. Landing on the beach on the back of waves and in surf.
14. Paddling and Turning in Beam and Following Seas. Turning in to Beam wind.
15. Surfing. Side surfing, (If beached parallel to the surf, get out on the seaward side!!
16. Rolling in surf on **both sides.!**
17. Rolling parallel to beam seas on **both sides.!**
Tip:- Capsize away from the beam sea . This ensures the leading blade uses the upward movement of the wave to assist your roll. Always roll up into the wave.
18. Two man rescues of a third party off cliffs and rocky shores.
19. Crossing eddy lines and playing in tidal streams.
20. Re enter and Roll.
21. Coastal navigation. Safety at Sea; Use of Flares, VHF, Personal Location Beacons. Cell Phones.
22. First Aid.

YOU are responsible for **YOUR** own learning. Having attempted much of the above and mastered some, its time to start thinking about BCU Awards. i.e. Star Tests. Handy, when you want to paddle with others out with the club. They give other Paddlers a real notion of what you can do.

Footnote :- On extended training paddles (1-3hrs) always take:- A local map, some means of contacting emergency services (eg, Flares, VHF, Strobe. Mobile Phone, Satellite Personal Locator Beacon... (Satellite preferable; smart PLB phones have limited coverage..).a Spare paddle, Tow line, Knife, Whistle, First aid kit, Compass (in case of fog), Water, Emergency bars, Water proof matches, and some dry clothing. Minimum safe group is three. **NOW GET A BOOK AND START READING!!.... YOUR LIFE MIGHT DEPEND ON IT. FOR FREE ON LINE BOOK GO TO: Kayarchy.co.uk/**

By George Mossman. Amended and Vetted for club use by Stefan Janik, and Brian Crowe;
Our club Coaches and Assessors.

