

TRR Individual Lesson Plan:

Paddlers Name	Current Skill Level	Type of Paddling Craft	Paddle Length	Equipment Adaptations

Introduce Paddle Strokes

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Introduce Paddling Maneuvers

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Introduce Paddling Equipment / Education

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Introduce Kayaking Safety / Rescue Techniques

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Objectives to "Practice towards Completion"

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TRR Event Progress Note

Date of Event:	Instructors Name:

Date of Event:	Instructors Name:

Date of Event:	Instructors Name:

Date of Event:	Instructors Name:

Paddlers Name:

[Level 2](#)

[Level 3](#)

[Level 4](#)

Current Skill Level:

Click on the "Skill Level" to view the "Paddler Requirements" [Level 1](#)

Level 1 – Introduction to Kayaking – Paddler Requirements			
Level 1 – Paddling Equipment/Education	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Proper Fit of Helmet and PFD; able to adjust helmet/PFD to correct size / fit, help others to ensure proper fit			
Enter a boat in a safe manner; transfer or independent			
Boat fitted correctly and correct posture; Being comfortable in the boat, bulk head, hip pads, back brace, sit up straight, hips rolled forward			
Hand position on paddle; control hand, not gripping too tight, hands good distance apart ("paddlers box")			
Paddle Position; Blade position when holding, blade position when in water, education on degree of "offset" of paddle			
Safe wet exit from kayak without spray skirt; flip upside down, count to 10, tuck, push, push. 3x to be independent in pool and lake			
Safe wet exit from kayak with spray skirt; tuck, pull, push, push. 3x to be independent in pool			
Self-rescue; swimming to pool deck or shore while carrying boat and or paddle, emptying water out of kayak			
Lifting and carrying of boats/gear; education on safety and teamwork, proper lifting procedures (lift with legs, NOT BACK)			
Hip Snaps; grasp side of pool deck, rest head on hands, relax hip and let boat "fold" over, snap hip (focusing on keeping head down, upper body/lower body separation)			
T-Rescue; flip over, stay in boat, clap hands on boat, run hands back and forth along boat, use someone else's boat to get back to an upright position, practice using instructors hands			

Level 1 Objectives Continued.....Go to Next Page

Level 1 - Paddling Strokes	Introduced	Practicing for Completion	Completed w/ minimal cues from Instructor
Forward stroke; Toes to hip, pull hip to the paddle blade, not pulling the blade to the hips, paddle is more vertical-top hand crosses in front of eyes			
Forward sweep; follow the blade with eyes and torso, toes to the back of the boat, paddle is more horizontal, think about pivoting boat around a planted blade			
Backward stroke; stopping, this can be a state, non-moving blade, that is dipping into the water			
Reverse sweep; follow the blade with eyes and torso, back of the boat to toes, paddle is more horizontal, think about pivoting boat around a planted blade			
Pin wheels / Spins; forward sweep on one side then reverse sweep on the other to spin in a circle, practice on both sides.			
Stern Draw; this is also rudder, forward sweep just from the hip to the back of the boat			
Stern Pry; this is also rudder, reverse sweep just from the back of the boat to the hip			
Level 1 - Paddling Maneuvers	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Paddle in a straight line forward; can use the objects on the horizon of the pool or lake to paddle towards			
Paddle in a straight line backward; can use the objects on the horizon of the pool or lake to paddle away from			
Tilt control; 0= no tilt, 1= butt cheek weight shift, 2= engaging hips 3= engaging the knee opposite to the side your tilting, 4= engage opposite hip and knees more			
Paddling around an object in the pool or lake; works on maneuvering, boat tilt and having to use different paddle strokes			

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[Level 1](#)

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Level 2 – Lake / Open Water Kayaking – Paddler Requirements

Level 2 - Paddling Equipment/Education	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Essential Paddling Equipment for kayaking; Helmet, PFD, Paddle, Spray Skirt and Float Bags			
Appropriate Clothing for kayaking; river booties, thermal wear (wet suit; full body, farmer john, top and bottoms), thin skin/under armor clothing, dry top, semi-dry top, splash jacket, gloves, pogies, nose plugs, ear plugs			
Anatomy and Functionality of Kayaks; overall design, intended use, type of water (Hard shell, SOT, Inflatable, Cross Overs, Sea Kayaks)			
Level 2 - Kayaking Safety and Rescue Techniques	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Kayaking Signals and Communication; Emergency Paddle Signal, Stop, Circle Up, Directional cues (point away from danger), 1 whistle blow (pay attention), 3 whistle blows (emergency), "are you ok" by tapping top of helmet, response "I'm OK" by tapping top of helmet, "all clear" signal			
Environmental Risk and Risk Management; understanding/ managing environmental risks (wind, rain, thunder/lightning, white caps/waves)			
T-Rescue within a lake setting "Open Water"; rescuing others as well as self			
Rescuing others boaters / gear; Towing a swimmer, Towing a boat, bull dozing another boat to shore and open water rescue techniques			

Level 2 Objectives Continued.....Go to Next Page

Level 2 – Paddling Maneuvers	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Paddle forward in a straight line while boat is on tilt; practice tilt between 1-3, both sides			
Paddle backward in a straight line while boat is on tilt; practice tilt between 1-3, both sides			
Paddle in a figure 8; focusing on 1-3 tilt within each turn (butt showing to outside of turn), stern draw between the transition of each turn; practice paddling <u>only</u> on the outside of turn as well as inside of turn			
Level 2 – Paddling Strokes	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Draw Stroke; Direction change without moving forward; power face placed in line with your hip, pulling the blade towards the boat, turn the blade and slice the water, repeat			
Bow draw; power face placed in line with your feet, pulling the blade towards the boat, turn the blade and slice the water, repeat			
Level 2 - Bracing	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Sculling; pulls you to the side you are sculling on, wrist motion; blade angle changes in a smooth and consistent motion			
Low brace stroke to avoid capsizing; tilt the boat to a 3 or 4, use the back of the paddle (flat blade, no climbing angle), arm position and body is low, hip snap, keep head tilted down towards tilted side			
High brace stroke to avoid capsizing; tilt the boat to a 3 or 4, use the power face of the paddle (flat blade, no climbing angle), arm position and body is high, danger for shoulder damage, hip snap, keep head tilted down towards tilted side, sculling of blade			

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Level 3 – River Running (Class I-II River) – Paddler Requirements

Level 3 - Kayaking Safety and Rescue Techniques	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Reading the water & identifying hazards; eddy, eddy line, current, waves, identifying the "V" or Tongue, hole, rocks, strainers			
Portaging and or Scouting a Rapid; understanding the natural flow of the river, it's hazards and identify the safest path.			
Trip Leading and Risk Management; understanding lead and sweep boaters position/role within group, proper spacing of paddlers, placement of boaters relative to skill level, emergency protocol			
Self-Rescue Swimming; proper "swimmers" position (feet down stream, knees bent, arms out, head up), swimming into an eddy, avoiding hazards (rocks, holes, strainers)			
Self-Rescue to shore w/ gear; swimming to shore with boat and or paddle			
T-Rescue within a river setting; rescuing others as well as self			
Rescuing others boaters / gear; Towing a swimmer, bull dozing another boat to shore, Towing a boat			
Rescue techniques using a throw bag; proper handling and use of a throw bag/rope, proper handling of throw bag/rope when being rescued			

Level 3 Objectives Continued.....Go to Next Page

Level 3 – Paddling Maneuvers	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
<p>Understanding of boat tilt relative to current of water; show your "butt" to the current, maintaining a tilt (1-2) while sides of boat are facing the current</p>			
<p>Side Slip; Directional change while moving forward; power face of blade placed near or behind your hip. Useful when "peeling out" or "catching eddies"</p>			
<p>Ferrying (forward and reverse); moving across the river, maintaining / adjusting angle of boat with appropriate boat tilt</p>			
<p>Peel Outs; high in the eddy, 45 degree bow angle away from top of eddy, paddle forward with a 1-2 tilt, paddle through eddy line, continue tilt, show "butt" to current, active downstream paddle blade</p>			
<p>Catching an eddy; catching the eddy high, ferry angle 45 degree toward top of eddy, proper boat tilt prior to eddy entry, speed/power through eddy line, transition boat tilt to other edge as middle of boat crosses the eddy line, active up steam paddle blade</p>			
<p>"C" turn; peel out and turn into the same eddy, maintaining proper tilt throughout maneuver, active paddle blade, effective paddle strokes (forward strokes, sweep stroke)</p>			
<p>"S" turn; peel out and turn into an adjacent downriver eddy, maintain proper tilt and ferry angle, active paddle blade, effective paddle strokes (stern draw, forward stroke)</p>			
<p>Spawn Drill; paddle up stream, weaving to find easiest line</p>			
<p>Kayak Roll within controlled environment or Class I-II rapid; either "C to C" and or Sweep Roll Click Here to View "The Kayak Roll" Paddler Objectives</p>			

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Click on the "Skill Level" to view the "Paddler Requirements"

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Level 4 – Whitewater Kayaking (Class III River) – Paddler Requirements

Level 4 – Kayaking Safety and Rescue Techniques	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Reading the water & identifying hazards; eddy, eddy line, current, waves, identifying the "V" or Tongue, hole, rocks, strainers in Class III river setting			
Portaging and or Scouting a Rapid; understanding the natural flow of the river, it's hazards and identify the safest path in Class III river setting			
Navigating the river from "Eddy to Eddy"; breaking down a rapid into small manageable sections (Peel outs, Ferrying, Catching an eddy)			
Self-Rescue Swimming; proper "swimmers" position (feet down stream, knees bent, arms out, head up), swimming into an eddy, avoiding hazards (rocks, holes, strainers) in Class III river setting			
Self-Rescue to shore w/ gear; swimming to shore with boat and or paddle in Class III river setting			
T-Rescue within a river setting; rescuing others as well as self in Class III river setting in Class III river setting			
Rescuing others boaters / gear; Towing a swimmer, bull dozing another boat to shore, Towing a boat in Class III river setting			
Rescue techniques using a throw bag; proper handling and use of a throw bag/rope, proper handling of throw bag/rope when being rescued in Class III river setting			

Level 4 Objectives Continued.....Go to Next Page

Level 4 – Paddling Maneuvers	Introduced	Practicing towards Completion	Completed w/ minimal cues from Instructor
Ferrying (forward and reverse); moving across the river, maintaining / adjusting angle of boat with appropriate boat tilt in Class III river setting			
Peel outs; high in the eddy, 45 degree bow angle away from top of eddy, paddle forward with a 1-2 tilt, paddle through eddy line, continue tilt, show "butt" to current, active downstream paddle blade in Class III river setting			
Catching an eddy; catching the eddy high, ferry angle 45 degree toward top of eddy, proper boat tilt prior to eddy entry, speed/power through eddy line, transition boat tilt to other edge as middle of boat crosses the eddy line, active up stream paddle blade in Class III river setting			
"C" turn; peel out and turn into the same eddy, maintaining proper tilt throughout maneuver, active paddle blade, effective paddle strokes (forward strokes, sweep stroke) in Class III river setting			
"S" turn; peel out and turn into an adjacent downriver eddy, maintain proper tilt and ferry angle, active paddle blade, effective paddle strokes (stern draw, forward stroke) in Class III river setting			
Spawn Drill; paddle up stream, weaving to find easiest line in Class III river setting			
Surfing a hole/wave; front surf (edge control/tilt, balance point), side surfing (edge control/tilt, downstream paddle position)			
Kayak Roll in Class III rapid; either "C to C", Sweep Roll <i>Continue to next page to view objectives of "The Kayak Roll"</i>			

Level 3 and 4 – The Kayak Roll – Paddler Requirements

<p>*Introduce once bracing & hip snaps are proficient* Choose the type of roll that best fits the paddler</p>	<p style="text-align: center;">Introduced</p>	<p style="text-align: center;">Practicing towards Completion</p>	<p style="text-align: center;">Completed w/ minimal cues from Instructor</p>
<p style="text-align: center;"><u>"C to C" Roll</u></p> <p>Three Components: -Set-Up (tuck to the side, paddle blades out of the water, forward paddle blades "power face" is parallel with the water, no "climbing angle" on front paddle blade. -Sweep (tuck to first "C"; roll torso to side, swing forward paddle blade out to the side of the boat, other paddle blade and hand is placed directly over the paddlers "Butt" -Hip Snap (transition for first "C" to second "C"; engage rolling knee with hip snap, the paddle blades power face is flat against the water (almost like a high brace), Keep "head down", recover by centering paddle</p>			
<p style="text-align: center;"><u>Sweep Roll</u></p> <p>Three Components: -Set up/Start Position (set up thigh and tuck to the side, blade floats, loose grip), -The Sweep (the movement between synchronized rotation of the body, rotation of the boat and the path of the paddle blade as it sweeps to the "Finish Position" -Finish Position (watching the blade, twisted torso, knuckled back/elbows jettted forward, exaggerated blade angle)</p>			

*Click here to view You-Tube Instructional Videos regarding "The Kayak Roll" (*C to C and Sweep Rolls*)*