

Adventure Dolphin Coaching Notes Intermediate Canoe Course

This should be considered as a similar skill level to the previous three star or three star touring award and should lead to The Canoe Award

Course Dates.....

Lead Coach.....

Skill	Details Note- in canoes the paddler should develop skills on both sides.	Completed on course so far:-			Notes about your sessions
		Introduced	Practiced	Competent	
Getting Ready	Introduction Access and egress considerations. Clothing – appropriate for conditions Awareness of group experience and expectations.				
Equipment	Boat selection and appropriate adjustment of fittings Correct fitting of buoyancy aid Correct paddle type and length Tying on a painter (OC) Other equipment- sails, poles, day bag.				
Lifting and carrying	Safe manual handling				
Environment	Environment - wind, flow. Identifying hazards River etiquette (rules of road, other users, wildlife)				
Launching	Different launch techniques from different launch areas Know how to avoid bank erosion.				

Forward Paddling	Develop an efficient J stroke on either side, with a view to maintaining good posture, connectivity and use of major muscle groups to create power transfer. Use variations within a J stroke to achieve different results. Develop an effective knifed J stroke Introduce an Indian J stroke				
Acceleration	Develop the ability to accelerate the canoe whilst on the move, within 3 or 4 strokes.				
Edging and Trim	Develop skills using edging and altering trim				
Wind	Develop skills to deal with wind (from all directions) Practice paddling a triangular course in winds up to force 3.				
Stopping and Reversing	Stop a canoe and then accelerate in reverse, without the canoe turning Include use of a cross deck reverse strokes Develop a reverse J stroke Stop from reverse paddling				
Turning on the move	Perform wide and tight turns while maintaining momentum Wide- use of edging, J strokes and sweeps Tight- Initiation strokes, bow rudders, cross deck bow rudder and edging. Understand how to tighten up or open out a turn Use the concept of future water				
Steering	Develop subtle adjustment to strokes to steer the canoe Be able to run through a narrow gap using stern rudder				
Sideways	Use a draw on the move to move -one boat width				

	<p>Hanging draw - 2-3 metres sideways movement Maintain forward paddling after completion of the draw stroke Moving sideways to the off side should include developing a cross deck draw and use of pry strokes.</p>				
Supporting	<p>Low support stroke while stationary and on the move Tandem crews should add a pry stroke</p>				
Simple Flow	<p>Understand the concepts of across a simple green flow into and out of slack water</p>				
Poling	<p>Develop fundamental skills of using a pole on deep and shallow flat water.</p>				
Use of Lines	<p>Be able to use a rope or line to move a canoe around a headland, up or down flowing water, to tether the canoe to the bank or a storage rack.</p>				
Sailing	<p>Be able to devise simple sailing downwind sails</p>				
Securing	<p>Be able to secure a canoe to a roof-rack or trailer</p>				
Rescue	<p>Controlled capsize and exit from boat without panic Swimming to the side with boat and paddle How / where to get out of the river safely Deep water rescue- know at least one method for:- Safe boat emptying and how to get back into a boat, with assistance if needed. Be able to perform a rescue and to be rescued by another paddler. Be able to assist a swimmer to shore Demonstrate two different methods of towing a paddler in their boat with consideration of personal safety. Introduction to throwline.</p>				
Return to the bank	<p>Exit boat at a variety of different bank types (beach; high bank; landing stage)</p>				

Putting Away	How to care for equipment- Check, Clean, Dry Returning equipment ready for next user				
Health	Showering Care of wounds Water borne infections Hypothermia / Hyperthermia Heat stroke and Sun protection Hydration and Nutrition				
Theory	Coaches should consider discussing these topics:- Trip planning and journeying skills Access How to raise assistance in an emergency Navigation Non-Native Invasive Species and the Check-clean-Dry campaign				
Review	Encourage reflection on key learning Discuss what participants can change next time Discuss any trip opportunities with the club				