



White Squall Paddling Centre  
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## **BASIC SKILLS**

### **INTRO 8:45**-sharp!

- check reg. forms/payment
- what are you hoping to get out of the lesson?
- intent of course-overview of fundamental paddle/safety skills
- clothing/footwear for the morning
- valuables,, wash/change rooms, chums,paddling jkts,,sunscreen, bugdope
- med conditions-allergies
- any current physical or other reason for not participating in full clinic?

### **LAWN 9:00**

- paddles and light warmup stretch right away without pfd/skirt
- don't wait for stragglers-they can join in
- once group is there, use paddle-demo basic grip/strokes/length
- coast guard regs, other safety gear
- features of touring kayak-storage,rigging,rudder/skeg
- issue pfd,skirt (get them to put skirt on before pfd!)

### **BEACH 9:30**

- sit in boats with foot pedal/backrest adjustment
- dry run of skirt on coaming (they won't deploy til 2nd wet exit)
- demo entry/exit (have 1 staff on water-1 on shore to assist)
- encourage carrying in pairs
- for tentative folks, hold hands and get them to wiggle hull

### **WATER 9:45**

- discovery paddle, group raft, signals
- review capsize routine
- paddle ready position (stance and symmetry)

### **LOW/HIGH BRACE**

- hip wiggle-separation of upper/lower body
- hold gentle edge on side, recover with hip flick
- demo/practice low brace (optional-high brace)

-low brace with gentle forward momentum

## TURNING STROKES

- Egs. paddle on 1 side, use paddle as rudder, extend grip, sweep stroke
- intro sweep stroke as most efficient
- torso pivot-full arc, immersed blade, low shaft angle, paddler's box
- demo reverse/fwd combo-practise
- partial sweep for minor course correction

## DRAWS

- stance/symmetry torso pivot ( face your work)
- demo basic draw- out of and in-water recovery
- pivot, vertical shaft, exit/recover before hitting side, keep upper shoulder low

## FWD/REVERSE/STOPPING STROKES

- short** -in at toes, out at hips ( front wheel drive!)
- long arms**- paddler's box, keep shaft away from chest
- torso pivot**-keep upper hand in horizontal plane as it comes across
- use "tap,tap,dig,dig" as stopping exercise, then go into basic reverse
- rudder operation-use and practice

## LESSON SUMMARY (11:10)

- where to go from here, other clinics, tripping on their own
- close on water by; thanking group, encourage wet exit
- give direction for putting gear/boats away

invite wet exiters to go for short paddle on lake

those taking rescue do wet exit now, not in pm-things start back at 1pm!

## WET EXITS (11:15)

- must have success, be gentle-offer nose plugs/goggles
- give brief directions, look them in eye-let them know you're right there
- practise 1st without then with spray skirt