

Essentials Of River Canoeing

Venue: Chena River in town

Duration: 1 day



This course takes the skills you learned in Introduction to Canoeing to a new paddling environment. You will adapt your strokes and maneuvers to moving water and learn new strokes and maneuvers. You will learn to identify eddies, eddy lines and other river features. We will teach you how to take advantage of the current to move your canoe where you want it to be. We will discuss the physics of safe and effective paddling technique as well as river etiquette, running shuttles, useful equipment, and outfitting. We will continue to emphasize identifying and avoiding hazards and how to respond to emergencies including cold shock and hypothermia. Good judgment, situational awareness, communication and group management are important elements of safety on rivers. Learning to be comfortable and balanced in the canoe is key to performing the maneuvers.

Strokes

Bow

- Forward
- Cross Forward
- Back
- Draw
- Static Bow Draw
- Cross Bow Draw
- Static Cross Bow Draw
- Sculling Draw
- Push Away
- Pry
- Sculling Pry
- Sweeps: Forward/Reverse
- Braces: High/Low

- Sweeps: Forward/Reverse
- Forward w/Rudder
- Forward w/Stern Pry
- Forward w/J Stroke
- Braces: High/Low

Stern

- Forward
- Back
- Far Back
- Compound Back
- Draw (static/dynamic)
- Stern Draw
- Push Away
- Pry (static/dynamic)
- Stern Pry

Moving Water Maneuvers:

- Front Ferries
- Eddy Turns
- Peel-Outs
- C-Turns
- S-Turns
- Back Ferries
- Spins (onside/offside)
- Bracing (high/low)
- Attainments