



Training Programme

Start

Swim test (two lengths)
Spraydeck test
Holding a paddle

Basic Paddling

Pulling paddle from toes to hips
Twisting to allow for the paddle's *feather* (feather is the angle of the blades)
Backwards paddling without switched face of blade

Turning

Sweep stroke – wide semi-circle from bow to stern, following blade round with trunk
Stern rudder

Effective Paddling

Trunk rotation, not just shoulders, from the belly button upwards
Pushing top hand over
Vertical paddle, close to the boat

Low Bracing

Safe set up (arms and elbows above paddle, wrists straight)
Elbows in line with shoulders
Slap water and use hip flick

T Rescues

Tap boat to signal
Run hands along boat angling hand so as to avoid being squashed
Hold friend's bow like a burger and use a hip flick to right the boat

High Bracing

Holding paddle like a chin-up and elbows below your shoulders
Non-bracing arm close to body, bracing arm remaining bent throughout
Use support from blade against water and throw hips over to right boat

Rolling (C2C)

Start by setting up paddle parallel to the boat
Swing front hand out, punch through the top of the water
Pull paddle down in big C shape and throw hips over (bring head up last)