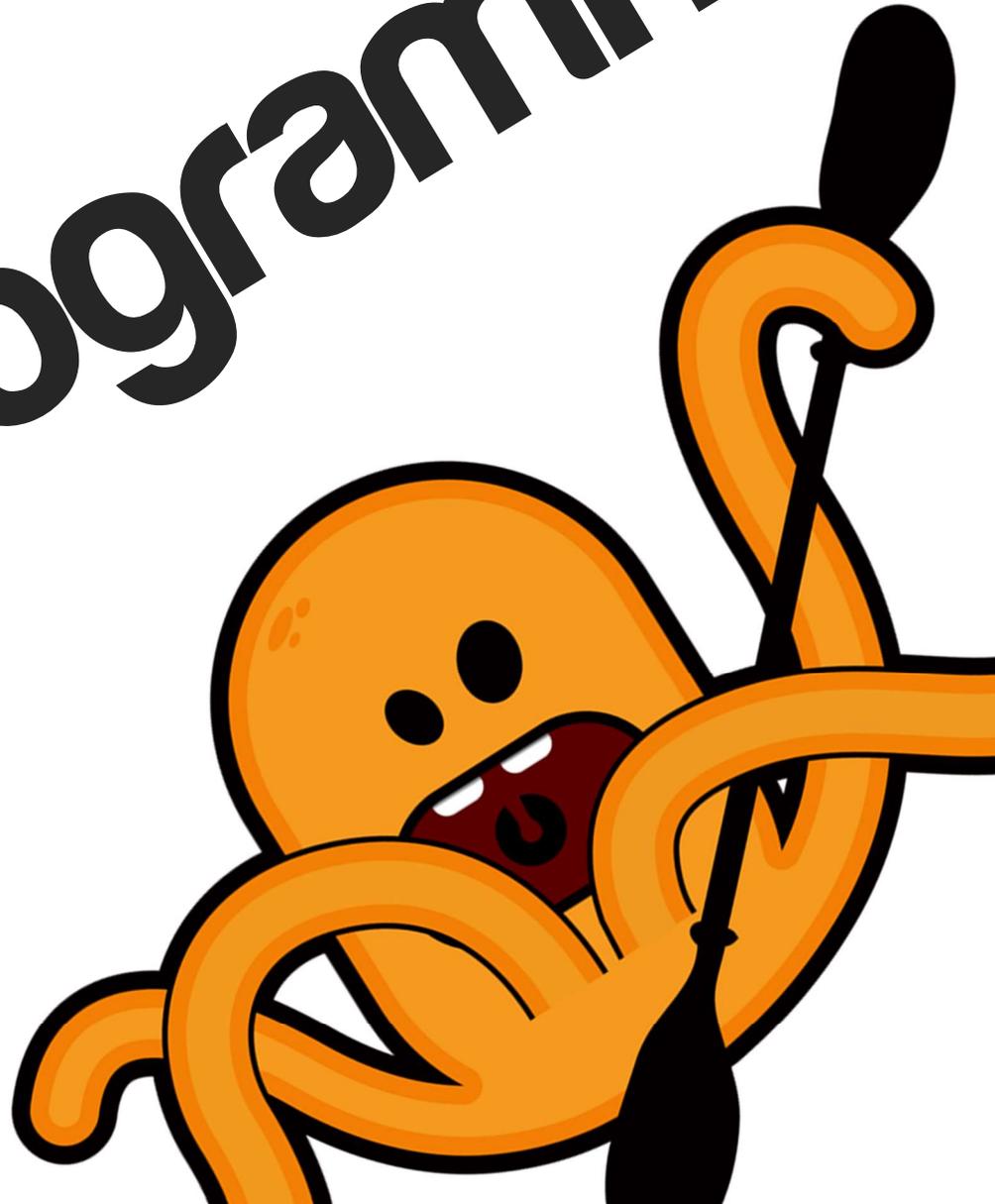
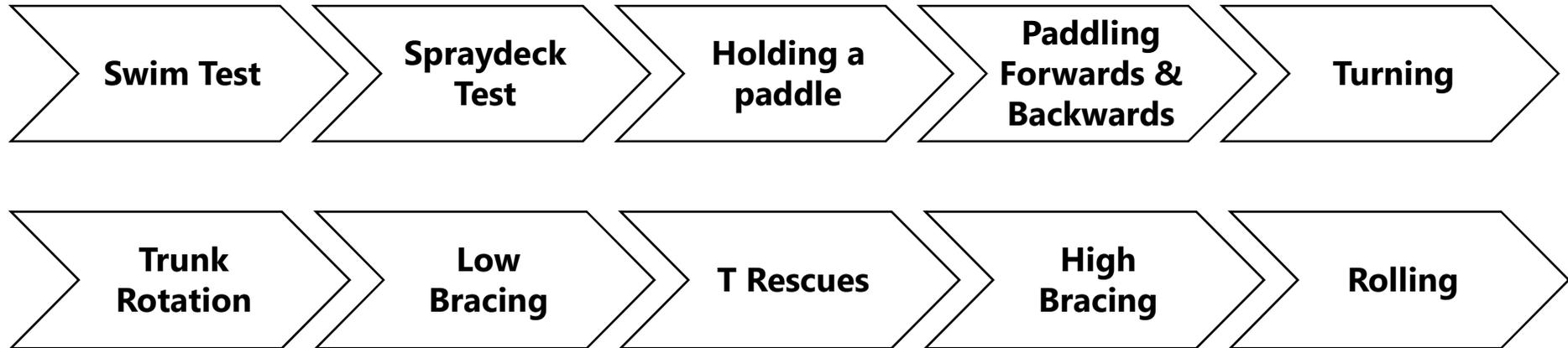


SUCC 2019/2020

# Training Programme



# Training Programme



Most of this can be learnt in the pool, but actually using these skills on the weir will provide more confidence.

This order gives a good foundation to go and do some more spicy stuff, like playboating and freestyle.

**You do NOT need to have nailed all (or much at all) of the above to come to river sessions or come on river trips. If anything, those will help you develop faster :)**

# Swim and Spraydeck Test

These must be done before you can move on to anything else, health and safety yo.

## Swim Test

Everyone needs to be able to swim two lengths of the Jubilee pool, it's not that deep.

## Spraydeck Test

- **Putting a spraydeck on correctly**
  - Grab handle facing outwards
  - On at back first and then pull over the front of the cockpit
- **Getting out of a capsized boat with a spraydeck on**
  - Pull grab handle
  - Using knees
  - Using strap across the deck
- **Tapping the boat three times**

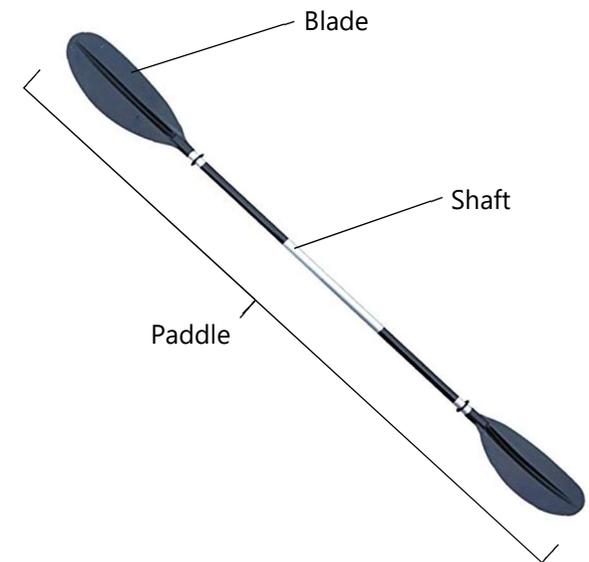
# Holding a Paddle and Sitting in a Kayak

## Holding a Paddle

- **Paddling using the scooped face of the blade**
- **Handles close to shoulder length apart**
- **Knuckles facing upwards**

What to look for:

- Elbows should form a 90° angle when the paddle's placed on the person's head
- Should be paddling using the scooped face of the blade, so should NOT be slicing through the water
  - Due to our paddles being *feathered*, the paddle will need to be twisted/rotated on each stroke



## Sitting in a Kayak

- **Sit upright** (don't slouch)
- **Knees in the knee thwarts** (frog's legs)
- **Feet placed onto a foot rest** (if the boat has foot rests)

# Basic Forward and Backwards Paddling

## Forwards

- **Place the blade in by your toes and pull back to your hips**
- **Lift the paddle and out and twist to allow for the *feather* of the blades**
- Place the paddle in on the other side and paddle from your toes to hips again
- Rinse and repeat, perhaps making small adjustments to keep going in a straight line.

## Backwards

- **Do not switch to use the scooped face, use the back of the blade**  
(This is because you never really want to be paddling backwards for that long anyway)
- Similar to forwards but paddling from your hips to your toes
- Glance over your shoulder every few strokes so you know where you're going

## Notes

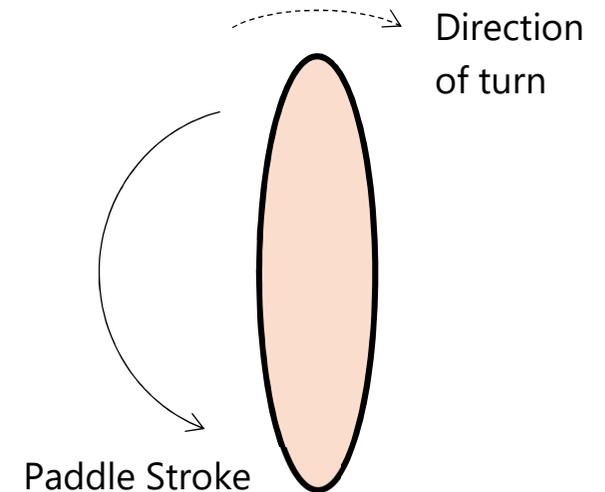
- *For both of these, small adjustments may need to be made in order to go in a straight line.*
- *There is more complexity to paddling efficiently, but this is just a good start.*

# Turning

## Sweep Stroke

Good for turning on the spot or making a sharp turn

- **Place the paddle far at the front (bow) of the boat**
- **Draw a wide semi-circle to the back of the boat**
  - A stroke further away from the boat gives a larger turning effect/moment.
- **Follow the stroke round with your core to face the active blade**
  - Using your core like this will allow you to reach further
- This will turn your boat away from the side you do the stroke on
- Doing a backwards sweep stroke on the other side will allow you to turn faster on the spot



## Stern Rudder

Good for making an adjustment when you're already moving.

- Place the blade by the back (stern) of the boat
- **Angle the blade so it is vertical**
- **Either pull the blade into the stern or away from the stern to adjust the course of the boat**

# Effective Forwards Paddling (Trunk Rotation)

In order to paddle effectively/efficiently you need to use your core – this can feel complicated:

- **Place paddle as vertically as you can and close to the boat**
- **Twist your core to face the side you're paddling on**
  - 45° to each side
  - Can be thought of as pushing your top hand over rather than pulling your bottom hand
  - Allows you to reach farther

## Things to think about:

- **It can feel like you're rotating your trunk when you're actually only rotating your shoulders**
  - Try and twist from your core and rotate your whole upper body from your belly button upwards
- You're effectively winding up your body like a spring

# Low Bracing

- **Arms and elbows should be above the paddle (i.e. the paddle is “low”)**
- **Arms should be at right angles to the shaft in the “safety box”**
  - Elbows in line with shoulders
  - Wrists should be straight
- **You’ll be using the back of the paddle to slap the water**
  - Placing the blade out to the side of your boat
  - Place the blade slightly in front of your hips  
(If someone pushed you over while you were sitting down, you wouldn’t place a hand to steady you right by your bum)
- **As you feel the pressure of your paddle on the water, snap your hips to bring the boat back to level**
  - A hip snap can be thought of throwing your knee up to snap that side of the boat upwards
- **Practice on both sides**

*There’s a lot of different things to think about here, so it may help to break it down to one thing at a time.*

*You may find it easier to practice the hip snapping by leaning on the side of the pool.*

# T Rescues

- **Capsize your boat and tap three times to signal that you would like to be t-rescued**
- **Run your hands along the side of your boat**
  - Angle your palms so they're perpendicular to the boat to prevent them getting squashed by a rescuing boat
- **Another boat will nudge into your boat perpendicularly (to form a T shape), place your hands on its bow**
  - Bring your hands in front of your head, like you're grabbing a burger
- **You can now bring your head up to rest on their bow, without forcing down their bow**
- **Now that you've caught your breath, use your hip snap to flip the rest of the boat over, keeping your head low until the boat is fully righted**



## Learning Steps

To get used to the hip snapping, it's a good idea to practice by using the side of the pool and then try it starting with your hands already on their bow

You're going to be spending some time under water here, so maybe get comfortable with being upside down in a boat for a while by counting to 10 while capsized before pulling your deck (with someone watching of course)

# High Bracing

## Safe Position

- **Hold your paddle like you're going to do a pull up or chin up on it**
  - Shaft horizontal
  - Elbows below your shoulders and close to your body
- **When you do a high brace, your non-bracing arm should remain tucked in close to your body**
  - You should be able to hold a pool buoy in your armpit while bracing
- **Your bracing arm should:**
  - **Be bent throughout**
  - **Be under the (high) paddle**

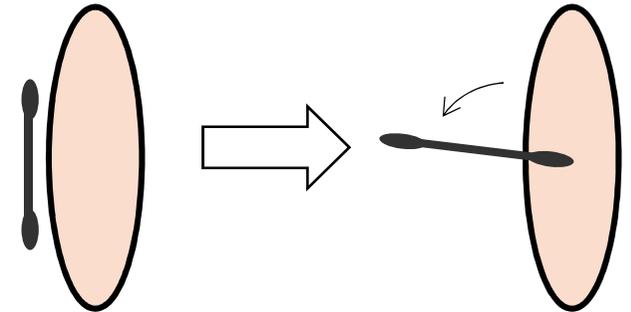
## Mechanics

- Lean the boat over and place your bracing paddle blade out to the side (keeping your arm bent)
- When the boat becomes unstable, push down on the blade until you feel the support from the water.
- When you feel the support from the water, use your hip snap to right the boat
  - Throw your knee on the bracing side upwards

# Rolling

## C to C Roll

- **Set up by lying your paddle in the water parallel to your boat**
  - Front blade with scooped side ready to pull down on the water
- **When capsized, swing your front hand as shown in the diagram**
  - You may need to ensure the back handed blade rests on top of your kayak rather than underneath it to allow for the next stages
- **With this top, outside hand, punch through the top of the water**
- **Now pull down on the paddle blade in a wide C shape and throw your hips over**
  - The key here is the hip flick more than the paddle
  - Your head should be the last thing to come out of the water



*Very rough diagram of swinging a paddle out during a C to C roll*

## Other Rolls

The C to C roll is a good starting point, but there are other rolls, which have benefits over it:

- A **screw roll** is quicker to set up and can feel more natural
- A **hand roll** is useful if you've lost your paddle (and you can flex on people with it)
- A **back-deck roll** is quicker and results in less time capsized (also is a good flex)

# What Next?

Here's some ideas on where to go next, just give it a whirl. Ask people who look like they know what they're doing. Swimming is winning.

