

Outline for Progression/ Checklist for UVMKC Paddlers:

Disclaimer:

Kayaking requires the building up of fundamental skills, layering techniques as you progress. This means that there will be new skills learned at pool sessions following river trips that will be focused on building on techniques learned. Therefore, this checklist may seem repetitive in the outline but the specific skills will be explored in further depth. This is also not a rigid format, it may be shifted and rearranged to the kayaker's needs and interests. Some will progress quickly, others will take more time to hone skills. This program was designed pulling information from the ACA instruction method. ACA Canoe-Kayak-SUP-Raft-Rescue Instructor's Manual used as a source, as well as information from ACA level 4 Instructor Certification Workshop.

Pool Session 1:

- ☐ Boat and gear fit
- ☐ Paddle orientation
- ☐ Dry land wet exit
- ☐ Supervised pool wet exit
 - ☐ May be preceded by an assisted wet exit
- ☐ Edges
- ☐ Forward Stroke
- ☐ Sweep Stroke
- ☐ Backstroke

River Trip 1: **Class I**

Venue: Salmon Hole, Little River

- ☐ Boat and gear fit
 - ☐ Adding drysuit, PFD, helmet
- ☐ Basic hydrology
 - ☐ Downstream V's
 - ☐ Eddies
- ☐ Safety
- ☐ Refresh paddle strokes and edges
- ☐ Ferry Progression
- ☐ Peel Out
- ☐ Eddy Turn
- ☐ C Turn
- ☐ Basic S Turn

Pool Session 2:

- ☐ Same as 1
- ☐ Introduce the Brace
 - ☐ Low Brace

- ☐ High Brace

River Trip 2: **Class II**

Venue: Otter Creek, Sumner Falls, Lamoille

- ☐ Same as River trip 1 but incorporate Brace
- ☐ Surfing Progression

Pool Session 3:

- ☐ Same as 1 and 2
- ☐ Introduce T-Rescue and knee lift(hip snap)

Pool Session 4:

- ☐ Same as 1-3
- ☐ Roll progression

River Trip 3: **Class II-III** ****Must have gotten a pool roll, comfortable with T-Rescue***

Venue: Mad River

- ☐ Same skills as prior river trips, practicing higher level of technique

River Trip 4: **Class II-III**

Venue: Mad River

- ☐ Same as trip 3
- ☐ Introduce Scouting
 - ☐ WORMS

****Separate progression for RAPIDS/Leader Development***