

BCCC

INTRODUCTION TO FLAT WATER RACING

Course Objectives:

- A structured and consistent introduction to flat water canoeing in stable open cockpit racing kayaks
- A basic understanding of safety procedures
- An introduction to the equipment, how it is set up and used
- Practice all the basic strokes (turns, support and moving sideways) in a stable racing kayak
- Understanding the principle of good forward paddling technique
- Understand marathon racing techniques and tactics (eg starting and finishing, wash hanging, portaging, and overtaking)

PROGRAMME OF ACTIVITIES

1st Coaching Session

- Briefing on safety drills, hypothermia, first aid, environment & access, canal water quality warning, other hazards and clothing check
- Allocation of appropriate buoyancy aids, paddles and kayaks
- Correct method of lifting and carrying a kayak
- Kayak set-up: rudder system and how to adjust seat and foot rest
- Warm-up session (on land)
- What to do in the event of a capsize in a kayak including how to empty it without damaging the boat
- Launch and get into the kayak with help
- Balance in the kayak (without a paddle) using sculling support strokes with the hands
- Paddle the kayak with hands only forwards, backwards, sideways and turn through 180 degrees
- Hold the paddle correctly
- Paddle forward and backwards using the paddle
- Stop the kayak when going forwards and backwards
- Turn the kayak through 180 degrees using the paddle
- Steer the kayak using the rudder
- Paddle to the bank and get out of the kayak with help
- Help put the kayak, paddle & buoyancy aid back into the correct racking spaces

2nd Coaching Session

- Review safety drills
- Select appropriate buoyancy aid, paddle and kayak without help
- Set-up kayak (with help if requested)
- Warm-up session (on land)
- Launch the kayak onto water and get in without help
- Paddle forward quickly for 10m and stop the kayak within 4 strokes
- Paddle the kayak backwards for 5m to a fixed point and stop
- Rotate the kayak 360 degrees on the spot using forward/reverse sweep strokes
- Turn the kayak 180 degrees to the left and right using the rudder and sweep strokes
- Paddle 500m along a snaking course from bank to bank using the rudder only
- Paddle a figure-of-eight course
- Move the kayak sideways using the draw stroke
- Prevent a capsize using an emergency brace
- Paddle to the bank and get out of the kayak without help
- Relaunch, capsize, swim 5m to the bank and empty out without damaging the kayak
- Put the kayak, paddle & buoyancy aid away without help from the coach (work with other paddlers)

3rd Coaching Session

- Review safety drills
- Select appropriate buoyancy aid, paddle and kayak
- Set up kayak without help
- Warm-up session (on land and water)
- Practice good paddling technique on the ergo
- Paddle 100m using the paddle on one side only; then 100m using the paddle on the other side only
- Paddle a figure-of-eight course (using the rudder and appropriate paddle strokes)
- Turn the kayak around through 180 and 360 degrees in both directions
- Provide a stable platform using both low brace and sculling for support
- Move the kayak sideways over 5m using both the draw stroke and the sculling draw
- Paddle backwards to a fixed point 5m away and stop
- Demonstrate efficient forward paddling in a straight line over 1000m without stopping
- Practice preventing a capsize
- Paddle to the bank and get out of the kayak without help
- Put the kayak, paddle & buoyancy aid away without help from the coach (work with other paddlers)

4th Coaching Session

- Review safety drills
- Select appropriate buoyancy aid and paddle
- Introduction to the variety of stable racing kayaks, singles and doubles, available
- Select a slightly less stable kayak than used in earlier sessions
- Warm-up session (on land)
- Demonstrate good forward paddling technique on the ergo
- Get in and out of selected kayak without help
- Demonstrate competence in controlling the kayak when moving forwards, backwards and sideways and whilst turning through 180 degrees
- Paddle 500m on the wash of another kayak
- Paddle a 500m time trial to establish handicap
- Practice a marathon portage
- Put the kayak, paddle & buoyancy aid away without help from the coaches (work with other paddlers)