

CTPC Instructing Basic Strokes & Recoveries

Thoughts

As a trip leader I have to do some teaching just to get participants on the water and keep them going on the trip. I need some basic skills in teaching strokes.



Prerequisites: L2 skills assessment or equivalent experience in chosen craft

Next Step: CTPC Instructor Workshop; excellent preparation for those considering an ACA Instructor development program.

Topics Covered

We will discuss and demonstrate how to teach basic strokes, maneuvers and recoveries for your chosen craft: kayak, canoe or SUP. We will cover elements of the on-water lesson and apply it to forward, reverse, stopping, and maneuvering of the craft. We will discuss how to safely teach basic assisted and unassisted rescues.

Requirements

Competency: this full day class is designed to provide the on-water leader or camp counselor rudimentary teaching skills. Basic level 2 competency in chosen discipline is assumed for participants.

Basic Equipment: properly outfitted sea kayak, canoe or SUP, appropriate navigation equipment, touring paddle and related safety equipment including PFD, spray skirt, paddle float, pump, sling, leash, painters and first aid kit as appropriate. Some equipment may be provided if needed, although it expected that students at this level will use your own equipment. Please advise us on any equipment you may need before the class.

Personal Equipment: bring clothing suitable for immersion (synthetics, no cotton) and water shoes. Come prepared for frequent immersion while practicing scenarios. Use of nose-clips, earplugs, and/or swim goggles during immersion is acceptable, though not required. Other items may include: sunglasses, sunscreen, hat with visor, bug repellent, wind breaker or paddle top, and spare (dry) clothing.

NOTE: We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

Special Requirements

Please bring a desire for serious fun, a willingness to practice skills and push your comfort level. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

Costs and Fees

Class Fee	Boat and Gear Rental	CTPC Participation Card
Inquire	Inquire	Included if successful