

AMERICAN CANOE ASSOCIATION KAYAK ROLLING

Content should be maintained and remain consistent with this Outline. However, Instructors may use their own discretion and creativity in terms of scheduling and teaching style.

Goal:

To introduce paddlers to the technique of rolling.

Objectives:

Participants will be introduced to:

- Learning proper boat fit and adjustment for effective rolling
- Learning safe and effective wet-exit technique
- Learning the bow rescue
- Learning techniques for effectively rolling the kayak
- Learning proper body positioning and head placement for executing a roll
- Learning the mechanics of a roll

Time: 2-6-hours (at the discretion of the instructor)