



## Rolls and Rescues Class Outline

**Course Overview:** The Rolls and Rescues Class is designed as a short program emphasizing development of kayak re-entry and Eskimo roll skills. This course is appropriate for paddlers who are comfortable in their kayak and have learned basic skills, including the wet exit, J-lean, low and high braces. The course specifically addresses rolling skills in decked kayaks (whitewater and sea kayak), and re-entry in decked kayaks and recreational kayaks. The instructors will emphasize specific skills and techniques that are most appropriate for certain types of kayaks or paddling conditions in response to unique interests or preferences of the participating students. Students are encouraged to use their own kayak and equipment with prior approval of the lead instructor. All equipment and kayaks must be cleaned before use in the pools.

**Objectives:** The course is designed to help students:

- Perform assisted re-entry
- Assist another paddler with boat re-entry
- Perform solo re-entry
- Perform the key components of an Eskimo roll and be familiar with various roll types
- (Possibly) perform an Eskimo roll

Our intent is to help establish a foundation from which participants can confidently continue to develop skill outside of the class and safely improve their roll and rescue technique.

**Prerequisite:** Completed Kayak Essentials or equivalent skills class or instructor approval; ability to properly execute wet exits, J-leans, low braces and high braces

**Other Requirements:** Appropriate swim gear for pool conditions; water socks if desired; ability to swim (nose clips provided; swim goggles optional)

**Course Duration:** 9 hours in three 3-hour sessions; split between classroom and pool

**Location:** Appleton YMCA – Classroom in Plexus Room; Buchanan Pool

**Class Size:** Limited by pool capacity; typically 10 -12 students

**Instructor Ratio:** Certified ACA and assistant instructors to meet or exceed ACA guidelines

**Successive Courses:** Student Outing Weekend (River/ Coastal)

In addition, course instructors and fellow students will share information on paddling related events and activities scheduled for the coming year, including information on kayak swaps, organized paddles and local outdoor and paddling groups. For this class...

- If you have a PFD, bring it for boat re-entry exercise and roll work.
- If you'd like to use your own boat in the pool, please talk to the instructors.

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Following is a summary of course content for the Rolls and Rescues class. The content and sequence of instruction should be arranged to best fit participant needs, class location and time allowances. Various videos, live demos and discussion support the classroom phase.

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## Rolls and Rescues Class Outline

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### Rolls and Rescues Class 1 - Classroom

1. Housekeeping and Introductions
  - a. YMCA Waivers and Contact Form
  - b. Logistics/ timing
  - c. Safety/ Lifeguard-in-charge/ jewelry
  - d. Physical condition concerns/ issues
  - e. Introduction of Students and Instructors
    - Paddling experience and interests
    - Own boats/equipment? Type?
    - Hopes /expectations for this class?
2. Video Demonstrations
  - a. [Bow Rescue F](#) (Holt 3:13)
  - b. Kayaking | How to T-Rescue (REI 2:00)
  - c. How to Roll a Whitewater Kayak [Part A](#), [Part B](#), [Part C](#) (WhitewaterPaddlingTV 6:00)
  - e. How To Roll a Kayak – Detailed Overview (SeaKayaking TV 6:17)
3. Canoeopia

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### Rolls and Rescues - Class 2 - Classroom

1. Review prior session pool experience
2. Video Demonstrations
  - a. How To: Do a Sweep Kayak Roll (NRS 1:31)
  - b. How To: Do a C to C Kayak Roll (NRS 1:52)
  - c. A Couple Common Kayak Rolling Errors (Anybody Can Kayak 3:20)
  - d. Heel Hook – Kayak Rescue (Paddling.com 4:48)
  - e. The Paddle Float Rescue (SeaKayakingTV 2:04)

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### Rolls and Rescues - Class 3 - Classroom

1. Review prior session pool experience
2. Video Demonstrations
  - a. Kayak How to: Roll Troubleshooting (H2O Dreams 7:06)
  - b. Rescue for River Runners: Episode 9 -- Self Rescue (NRS 4:31)
  - c. Kayak Touring | How to Self-Rescue If You Capsize (PaddleTV 3:40)
  - d. Optionals: [Hand of God Rescue](#) (NRS 2:00); [Re-enter and Roll with Paddle Float](#) (MAronoff); [Scoop Rescue by Body Boat Blade](#) (2 minutes)
7. Wrap Up – What's Next?
  - a. NEWP events and related activities
  - b. Other related opportunities

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### Rolls and Rescues - Class 1 - Pool

1. Fit boats and label
2. Stretching
3. Bow rescue (demo with ww kayaks for entire class)
4. Students in pool (everyone in whitewater kayaks)
  - a. Wet exit (those who have not done it)
  - b. Bow rescue drill
5. Steps to the Roll
  - a. Start with boat rotation (paddler's hands on instructor's hands)
  - b. Practice set-up position
  - c. Practice perfect finish
  - d. Learn direction of movement
  - e. Practice false sweep
  - f. Twisting at the torso

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### Rolls and Rescues - Class 2 - Pool

1. Stretching
2. Paddle float self-rescue (demo with sea kayak for entire class)
3. Assisted rescue (demo with sea kayaks for entire class)
4. Demo variations on assisted rescues for ww kayak: Grab Hand, Paddle Across Boat
5. Students enter pool for individual instruction
  - a. Four students work on sea kayak rescues and rolls
  - b. Others continue work on ww rescues and rolls

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### Rolls and Rescues - Class 3 - Pool

1. Stretching
2. Hand-of-god rescue (ww demo for class)
3. Students enter pool for individual instruction
  - a. Four students work on sea kayak rescues and rolls
  - b. Others continue work on ww rescues and rolls
4. Game (if time)