

Kayak Rolling Clinic

Course Description

This 2-hour clinic introduces the basic mechanics involved in rolling a kayak leading to the ability to roll a kayak confidently in calm conditions.

General Learning Outcome

Upon completion of the course, students will be able to confidently roll their kayak in [class-0](#) or calm, sheltered waters.

Prerequisites

It is highly recommended that students have Basic Kayak Skills certification or equivalent skill and knowledge. Students must be able to perform a controlled and calm wet exit.

Course Length

2 hours minimum.

Class Ratio

1 instructor:6 participants

Minimum Staff & Certification

One Kayak Rolling Instructor is required to teach this course.

Environmental Conditions and Sea State

Conditions should not exceed water class-0. Please see [Appendix A: Water Class Definitions](#) on page 205 for a specific description of all water classifications.

Class-0 environment: Non-challenging protected waters with limited wind effect, little or no current, easy landings, and ready access to land-based assistance. Wind and sea state is calm to rippled (< 8 knots).

Assessment

While there is no formal certification with this level, assessment will still be made through practical exercises with a focus on developing the participant's awareness and rolling skills as well as a personal roadmap to future learning.

Learning Outcomes

Padding Skills

Warm-up Exercises

The student will participate in a series of warm-up and stretching exercises which focus on movements and muscle groups used in the roll (e.g., hamstrings, shoulders, arms and back).

Wet Exit

The student will release the spray skirt and exit the kayak in a controlled and confident manner.

General description:

□ Developed through a series of challenges that increase confidence and skill, the student will be able to capsize the kayak while underway and braced inside the cockpit.

Teaching notes:

□ Emphasis is on increasing time underwater before exiting to a suggested 5 seconds and hanging on to the paddle and boat upon surfacing.

Safe Body Mechanics

The student will give examples of techniques to reduce the risk of personal injury from rolling. This includes discussing proper body position (for both set-up and rolling) to help reduce body strain or injury.

Rolling Progressions

The student will demonstrate one or more rolling progressions such as sweep or forward finishing roll, C to C, or the back-deck roll, depending on their flexibility, body type and fitness level.

Learning Aids

The student will observe the practical application of a variety of learning aids for further practice, such as:

- an avataq or paddle float,
- a variety of Greenland and Euro paddles,
- goggles and/or nose plugs,
- video camera, or
- bow rescue

Knowledge

Kayak Fit and Equipment

The student will:

- demonstrate the proper adjustment of the foot pegs, back-band and/or thigh braces for a proper fit for rolling, and
- state the appropriate paddle length for rolling based on body dimensions.

Heritage

The student will discuss the heritage and history of rolling as well as the influence of Greenland and Aleutian kayak cultures.

Teaching note:

□ Please see [Appendix H: Kayak History and Heritage Resources](#) on page 219 for more resources.