

Style Canoeing

Overall Program Goal

The Style Canoeing program follows in the footsteps of Omer Stringer, Bill Mason, Becky Mason, and others paddling in a classic Canadian form also called “Omering”, Canadian Style, or Classic Solo Canoeing. This is a quiet water solo paddling style where the canoe is moved across the water in free flowing graceful motions and routines. It uses a traditional tandem canoe paddled on one side, with occasional cross strokes. The canoe is heeled to the paddling side with the gunwale near the water surface and the canoeist is quiet [sitting still almost invisible]; the focus is on the movement of the canoe. Canoe Dance or Ballet is subset of Style canoeing with usually longer routines done to music. American Freestyle is a closely related discipline that typically uses smaller canoes, many dramatic static strokes, and more body movement. An introduction to the basics of this more recent Style technique is included as part of this program.

Paddlers will gain an intimate feel of the connection between body, water, and canoe. By the end of the program they will be able to take the canoe through a series of precisely controlled quiet water routines as a single paddler or as part of a group. Participants will finish each course with a good understanding of the effect of hull shape, edging, body position, and strokes. Advancement from one level to the next will mean extending basic manoeuvres into routines with tighter corridors along with mastering new skills and new manoeuvres.

The Style program is divided into three broad steps:

- Introduction. Basic introduction to the concepts and forward control, weight turns, pivots.
- Intermediate. Controlled weight turns, intro to variety of reverse manoeuvres, and simple routines.
- Advanced. Controlled reverse, advanced routines, weight sift and static strokes (Intro to American Freestyle).

Although Style canoeing is typically done in a small protected area with little wind or current the ability to precisely control a canoe also has direct application in more general Lake and Moving water situations.

Skill Level Programs

Style Canoeing Introduction Solo

Aim

The Introductory course will provide the foundation for all Style canoeing. The basic core skills will be learned and paddled in precisely controlled manoeuvres. At this level candidates must be able to complete paddling skills and manoeuvres on one paddling side, but they should be encouraged to attempt the skills on both sides.

Upon Successful Completion

The Introductory Style Canoeist is certified to:

Teach the following courses:
Not Applicable

Assist and/or Apprentice (Mentorship) on the following courses:
Not Applicable

Prerequisites

Lake Canoe Skills Introduction Solo or
Discretion of the Course Director.

Course Length

One (1) day

Class Ratio

1 Instructor : 6 Participants

Location

Instructor can tailor a course to best fit the student's need.

Conditions

Calm and protected area with minimal current or wind

Program Overview

SAFETY & RESCUE

Theory:

- Review as required Lake Canoe Introduction Solo

Practical:

- Swim 15m towing canoe and empty in shallow water.
- Attempted Solo re-entry of canoe from deep water
- Canoe over Canoe or parallel rescue, supported re-entry from deep water.

PADDLING SKILLS

General:

- Balance/heel/tilt (esp. as it relates to heeling canoe)
- Launch and removal from water at shore/dock
- Canoe lift and Carry

Strokes:

- J, Canadian
- Rolling J
- Reverse J
- C stroke
- Draw, Push away – both off set and directional strokes
- Sculling in both directions

- Forward Stroke
- Box stroke (pivots)
- Reverse stroke and compound back stroke
- Running pry, jam (turns)
- Running draw (turns)
- Sweep (forward/reverse) for both turns and pivots

Manoeuvres:

- Pivots (three complete revolutions) (2m, N/A, N/A)
- Forward straight line (<2m, 25m, 20°)
- Reverse straight line (<2m, 25m, 20°)
- Controlled Stops (forward & reverse) (<2m, 3m, 20°)
- Side Displacement (both directions) (<1m, 10m, 20°)
- Inside Circles (two) (<2m, 5m radial, 20°)
- Outside Circles (two) (<2m, 5m radial, 20°)
- Controlled Turns in both directions (<2m, 3m, 90°) (3m is from initiation to completion ~1 boat length) – Stop turns, pivot turns, and U turns are all included.
- Forward Weight Turns in both directions (no criteria)
- Controlled sit (0,0,0)

KNOWLEDGE

- What is 'Style' Canoeing – off-shoots, related disciplines, and subsets.
- Boat types/shapes as they apply to style paddling.
- Influence of Omer Stringer & others (Bill Mason, Becky Mason, etc...) on Canadian Style canoeing
- Canoe Dynamics/Mechanics

Instructors

The following instructors are accredited to offer this course:

- Introductory Style Instructor
- Intermediate Style Instructor
- Advanced Style Instructor
- Introductory Style Instructor Trainer
- Intermediate Style Instructor Trainer Intermediate
- Advanced Style Instructor Trainer Advanced

The following instructors may assist/apprentice (Mentorship) on this course:

Not Applicable

Assessment

Must meet corridor criteria for all skills as outlined in the instruction manual

Style Canoeing Intermediate Solo

Aim

The intermediate level expands on core Style canoeing skills, including controlled weight turns and reverse manoeuvres. Open water extensions of core skills are introduced along with the development of basic routines. Manoeuvres must be completed on both paddling sides starting at this level. Basic routines must contain several manoeuvres showing smooth transitions and fluid motion of the canoe and paddler.

Upon Successful Completion

The Intermediate Style Canoeist is certified to:

Teach the following courses:

Not Applicable

Assist and/or Apprentice (Mentorship) on the following courses:

Not Applicable

Prerequisites

Introductory Style Canoeing or
Discretion of the Course Director.

Course Length

One (1) day

Class Ratio

1 Instructor : 6 Participants

Location

Instructor can tailor a course to best fit the student's need.

Conditions

Calm and protected area with minimal current or wind

Program Overview

SAFETY & RESCUE

Theory:

- Review as required Introductory Style Canoe

Practical:

- Review as required Introductory Style Canoe

PADDLING SKILLS

General:

- Review as required Introduction to Style Canoe

Strokes:

- Review as required Introduction to Style Canoe

- Off side strokes (off side forward, draw, pry – both dynamic and static). These should be done with both onside and off-side heel. Some consideration should be made of the canoe width and limitations of on the size/reach of the canoeist.
- Reverse Rolling J
- Circle stroke
- Surface sweep (for turn – e.g. Christie). The sweep may be done one handed.
- One handed jam
- Compound forward stroke
- Running draw & Running Pry used for side slip
- Combined or blended strokes

Manoeuvres:

- All of the introductory core skills but with tighter corridors (half of each corridor and yaw)
- Reverse Inside circles (two) (<2m, 5m radial, 20°)
- Reverse Outside circles (two) (<2m, 5m radial, 20°)
- Reverse turns in both directions (<2m, 3m, 90°) – including pivot turn, stop turns, and U turns
- Controlled forward weight turns in both directions (<3m, 3m, 90°) with out over rotation or ‘wash out’
- Weight shift (required for off side strokes & controlled weight turns)
- Forward running side slip (both directions) (2m to side, over 4m forward, 20°)
- Connected circles (two circuits) (<2m, 5m radial, 20°)
- ‘flip’ – line with 180° pivot turn & continue same direction
- Line pivots
- Pinwheel (centre pivot)
- 45° line (diagonal line)
- Spiral to pivot
- Personal development and exploration
- Simple Duet routine (4-6 manoeuvres) – synchronized paddling or complex solo routine of 6+ manoeuvres
- Routines at this level and above may be done to music and choreographed (this aspect of the routine will not be part of the assessment)

KNOWLEDGE

- Paddle shapes/styles – importance and effect on body position, paddling style/manoeuvres.
- Importance of communication when doing synchronized paddling
- Development of routines (choreography)
- Expanded body position (include face/body rotation, high kneel, etc...)
- Use of Style skills in other paddling disciplines

Instructors

The following instructors are accredited to offer this course:

- Intermediate Style Instructor

- Advanced Style Instructor
- Intermediate Style Instructor Trainer Intermediate
- Advanced Style Instructor Trainer Advanced

The following instructors may assist/apprentice (Mentorship) on this course:
Not Applicable

Assessment

Must meet corridor criteria for all skills as outlined in the instruction manual

Style Canoeing Advanced Solo

Aim

This is the most advanced Style paddling course in the Paddle Canada program. Participants that complete this course will display a high degree of boat control and be able to present a complex paddling routine. A few core skills are added, including an introduction to American Freestyle. Manoeuvres must be completed on both paddling sides - cross strokes, switching sides, and weight shifting are acceptable during routines as long as the transition is smooth. Participants in this course should be encouraged to develop or innovate additional manoeuvres on their own. At this level routines and manoeuvres should be a reflection of the paddler not the instructor.

Upon Successful Completion

The Advanced Style Canoeist is certified to:

Teach the following courses:

Not Applicable

Assist and/or Apprentice (Mentorship) on the following courses:

Not Applicable

Prerequisites

Intermediate Style Canoeing or
Discretion of the Course Director.

Course Length

One (1) day

Class Ratio

1 Instructor : 6 Participants

Location

Instructor can tailor a course to best fit the student's need.

Conditions

Calm and protected area with minimal current or wind

Program Overview

SAFETY & RESCUE

Theory:

- Review as required Intermediate & Introductory Style Canoe

Practical:

- Review as required Intermediate & Introductory Style Canoe

PADDLING SKILLS

General:

- Review as required Intermediate & Introductory Style Canoe

Strokes:

- Stroke blending as needed to complete manoeuvres and routines. e.g. diagonal offside forward movement – initiate with wedge or jam near pivot point slide forward as momentum declines, shift to push-way and pitched forward stroke, slice return to jam, repeat...
- Watch for palm rolls and increased use of initiation and follow-through particularly with static strokes.

Manoeuvres:

- All of the Introductory and Intermediate core skills but with tighter corridors
- Personal development and exploration
- Reverse weight turns in both directions (controlled) (<3m, 5m, 90°)
- Reverse running side slip (2m to side, over 4m forward, 20°)
- Reverse connected circles (two circuits) (<2m, 5m radial, 20°)
- Complete English Gate or equivalent course
- Further blended strokes and transitions.
- Displaced circles
- Pivot through arcs/circles (similar to line pivot but following an arc)
- Stern pinwheel
- American Free Style. The basic skills have already been covered but name translation and weight placement. Each of these is executed on/off side in each quarter around the canoeist.
 - o Axel
 - o Christie
 - o Wedge
 - o Post
 - o Freespin
- Trio (or more) canoes, or more complex duets with six or more manoeuvres showing smooth continuous transitions OR highly complex solo routines (8+ manoeuvres) involving at least 4 manoeuvres from the advanced core skills.
- Parallel routines must be within 1m with constant distance and speed.
- Pivots and inline routines must be within 0.5m
- Participate in or present improvised Canadian Style canoeing demonstration.

- Including music and more complex choreography may be used in advanced routines. Timing and interpretation may be included in assessment of skills.

KNOWLEDGE

- Influence of/on American Freestyle & where to find further training.
- Dynamic and Static strokes – purpose and distinction particularly with respect to Freestyle paddling.
- Importance of weight shifts and terminology in American Freestyle.
- Style canoeing competitions
- Advanced choreography

Instructors

The following instructors are accredited to offer this course:

- Advanced Style Instructor
- Advanced Style Instructor Trainer Advanced

The following instructors may assist/apprentice (Mentorship) on this course:

Not Applicable

Assessment

Must meet corridor criteria for all skills as outlined in the instruction manual

Instructor Level Programs

Style Canoeing Instructor Introduction Solo

Aim

The Introductory Style Instructor course will provide the foundation for instructing all of the Paddle Canada courses with specific emphasis on the Style courses. A broad based background in learning styles and methods will be covered and practiced. Specific teaching techniques for style paddling will be introduced.

Upon Successful Completion

The Introductory Style Instructor is certified to:

Teach the following courses:

- Introductory Style Canoeing
- Waterfront Canoeing Skills Tandem
- Canoeing Basic Skills

Assist and/or Apprentice (Mentorship) on the following courses:

- Introductory Style Instructor
- Introduction Lake Canoe Solo Instructor

Prerequisites

Introductory Style Canoeing or
Advanced Lake Canoe Solo.

Course Length

One (4) days – 32 hours

Class Ratio

1 Instructor : 6 Participants

Location

Instructor can tailor a course to best fit the student's need.

Conditions

Calm and protected area with minimal current or wind

Program Overview

Basics of teaching canoeing with specific emphasis on Style paddling

Instructors

The following instructors are accredited to offer this course:

- Introductory Style Instructor Trainer
- Intermediate Style Instructor Trainer Intermediate
- Advanced Style Instructor Trainer Advanced

The following instructors may assist/apprentice (Mentorship) on this course:

- Introductory Style Instructor
- Intermediate Style Instructor
- Advanced Style Instructor
- Advanced Lake Canoe Solo

Assessment

Must meet corridor criteria for all skills as outlined in the instruction manual along with a demonstrated ability to instruct both theory and on water skills and manoeuvres.

Style Canoeing Instructor Intermediate Solo

Aim

The Intermediate Style Instructor course will provide the foundation for the Intermediate and Introductory Style courses. Specific teaching techniques for style paddling will be introduced.

Upon Successful Completion

The Intermediate Style Instructor is certified to:

Teach the following courses:

- Intermediate Style Canoeing
- Introductory Style Canoeing
- Waterfront Canoeing Skills Tandem
- Canoeing Basic Skills

Assist and/or Apprentice (Mentorship) on the following courses:

- Introductory Style Instructor
- Intermediate Style Instructor
- Introduction Lake Canoe Solo Instructor

Prerequisites

Intermediate Style Canoeing

Course Length

One (2) days – 16 hours

Class Ratio

1 Instructor : 6 Participants

Location

Instructor can tailor a course to best fit the student's need.

Conditions

Calm and protected area with minimal current or wind

Program Overview

Teaching skills for Intermediate Style paddling

Instructors

The following instructors are accredited to offer this course:

- Intermediate Style Instructor Trainer Intermediate
- Advanced Style Instructor Trainer Advanced

The following instructors may assist/apprentice (Mentorship) on this course:

- Intermediate Style Instructor
- Advanced Style Instructor

Assessment

Must meet corridor criteria for all skills as outlined in the instruction manual along with a demonstrated ability to instruct both theory and on water skills and manoeuvres.

Style Canoeing Instructor Advanced Solo**Aim**

The Advanced Style Instructor course will provide the foundation for the whole Style canoeing program. Specific teaching techniques for style paddling will be covered.

Upon Successful Completion

The Advanced Style Instructor is certified to:

Teach the following courses:

- Advanced Style Canoeing
- Intermediate Style Canoeing
- Introductory Style Canoeing
- Waterfront Canoeing Skills Tandem
- Canoeing Basic Skills

Assist and/or Apprentice (Mentorship) on the following courses:

- Introductory Style Instructor
- Intermediate Style Instructor
- Advanced Style Instructor
- Introduction Lake Canoe Solo Instructor

Prerequisites

Advanced Style Canoeing

Course Length

One (2) days – 16 hours

Class Ratio

1 Instructor : 6 Participants

Location

Instructor can tailor a course to best fit the student's need.

Conditions

Calm and protected area with minimal current or wind

Program Overview

Teaching skills for Intermediate Style paddling

Instructors

The following instructors are accredited to offer this course:

- Advanced Style Instructor Trainer

The following instructors may assist/apprentice (Mentorship) on this course:

- Advanced Style Instructor

Assessment

Must meet corridor criteria for all skills as outlined in the instruction manual along with a demonstrated ability to instruct both theory and on water skills and manoeuvres.

Instructor Trainer Level Programs

Style Canoeing Instructor Trainer Introduction Solo

Aim

The Introductory Style Instructor Trainer course will provide the foundation for the whole Paddle Canada Instructor program with specific focus on the Style canoeing program.

Upon Successful Completion

The Introductory Style Instructor Trainer is certified to:

Teach the following courses:

- Introductory Style Instructor
- Introductory Style Canoeing
- Waterfront Canoeing Skills Tandem
- Canoeing Basic Skills

Assist and/or Apprentice (Mentorship) on the following courses:

- Introductory Style Instructor
- Introduction Lake Canoe Solo Instructor

Prerequisites/Requirements

Introductory Style Canoeing, taught at least two Introductory Style courses, Apprenticed/mentored on two Introductory Style Instructor courses, have the recommendation from the instructor trainers on the apprenticed instructor courses.

Course Length

N/A

Class Ratio

N/A

Location

N/A

Conditions

N/A

Program Overview

N/A

Instructors

The following instructors are accredited to offer this course:

- Introductory Style Instructor Trainer
- Intermediate Style Instructor Trainer
- Advanced Style Instructor Trainer

The following instructors may assist/apprentice (Mentorship) on this course:

- N/A

Assessment

Must demonstrate acceptable teaching and paddling skills. Paddling skills must be at the Intermediate Style level.

Style Canoeing Instructor Trainer Intermediate Solo**Aim**

The Intermediate Style Instructor Trainer course will provide the skills and background necessary to mentor and train the Style canoeing instructors at the intermediate level.

Upon Successful Completion

The Introductory Style Instructor Trainer is certified to:

Teach the following courses:

- Introductory Style Instructor
- Intermediate Style Instructor

- Introductory Style Canoeing
- Intermediate Style Canoeing
- Waterfront Canoeing Skills Tandem
- Canoeing Basic Skills

Assist and/or Apprentice (Mentorship) on the following courses:

- Introductory Style Instructor
- Intermediate Style Instructor
- Introduction Lake Canoe Solo Instructor

Prerequisites/Requirements

Intermediate Style Canoeing level, taught at least two Intermediate Style courses, Apprenticed/mentored on one Intermediate Style Instructor courses, and one Introductory or Intermediate Style Instructor course, have the recommendation from the instructor trainers on the apprenticed instructor courses.

Course Length

N/A

Class Ratio

N/A

Location

N/A

Conditions

N/A

Program Overview

N/A

Instructors

The following instructors are accredited to offer this course:

- Intermediate Style Instructor Trainer
- Advanced Style Instructor Trainer

The following instructors may assist/apprentice (Mentorship) on this course:

- N/A

Assessment

Must demonstrate acceptable teaching and paddling skills. Paddling skills must be at the Advanced Style level.

Style Canoeing Instructor Trainer AdvancedSolo

Aim

The Advanced Style Instructor Trainer course will provide the skills and background necessary to mentor and train the Style canoeing instructors at the advanced level.

Upon Successful Completion

The Introductory Style Instructor Trainer is certified to:

Teach the following courses:

- Introductory Style Instructor
- Intermediate Style Instructor
- Advanced Style Instructor
- Introductory Style Canoeing
- Intermediate Style Canoeing
- Advanced Style Canoeing
- Waterfront Canoeing Skills Tandem
- Canoeing Basic Skills

Assist and/or Apprentice (Mentorship) on the following courses:

- Introductory Style Instructor
- Intermediate Style Instructor
- Advanced Style Instructor
- Introduction Lake Canoe Solo Instructor

Prerequisites/Requirements

Advanced Style Canoeing level, taught at least two Advanced Style courses, Apprenticed/mentored on one Advanced Style Instructor courses, and one Introductory, Intermediate or Advanced Style Instructor course, have the recommendation from the instructor trainers on the apprenticed instructor courses.

Course Length

N/A

Class Ratio

N/A

Location

N/A

Conditions

N/A

Program Overview

N/A

Instructors

The following instructors are accredited to offer this course:

- Advanced Style Instructor Trainer

The following instructors may assist/apprentice (Mentorship) on this course:

- N/A

Assessment

Must demonstrate acceptable teaching and paddling skills. Paddling skills must be at the Advanced Style level.