

## Colorado Outdoor Recreational Leadership Course Scope and Sequence

Course Name	Kayaking		Course Details	Level 3 course in the Outdoor Recreational Leadership Pathway	
			Course = 0.50 Carnegie Unit Credit	Prerequisite: River Orientation	
Course Description	This course provides basic kayak and water reading skills. The students will learn boat safety, hazard evaluation, terminology, whitewater river reading skills, paddling strokes, bracing techniques, peel out and eddy turns, and rescue and self rescue techniques including water exits, Eskimo rescues and introduction to and practice of the Eskimo roll				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60% of a semester instructional time. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at <a href="https://www.cde.state.co.us/standardsandinstruction/essentialskills">https://www.cde.state.co.us/standardsandinstruction/essentialskills</a>					
Unit Number, Title and Brief Description	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration	
Unit 1: Introduction to Kayaking	Introduction of equipment	Big six (boat, paddle floatation, spray skirt, helmet, PFD)  Care  Terminology			
Unit 2: Paddle Grip, forward and back stroke		Paddling techniques such as backstroke, front stroke, bracing, skulling, eddy turns, peel outs, and sweepstrokes.			
Unit 3: Boat Entry and exit (on shore)					
Unit 4: Swimming with boat and paddle					
Unit 5: Emptying boat					
Unit 6: Wet exit					
Unit 7: Forward and reverse sweep					

<b>Unit 8: Demonstration of eskimo roll</b>		Basic recovery techniques including Eskimo roll, wet exits and eskimo rescue		
<b>Unit 9: River Classification</b>	1-6 international scale  1-10 Deseret (big water scale)	Whitewater reading and evaluation of river hazards.		
<b>Unit 10: Four Cautions</b>	High Water  Strainers  Cold (water and air)  Hydraulics, sousehole, reversals	Whitewater reading and evaluation of river hazards.		
<b>Unit 11: Discussion of CRS Water Measurement</b>				
<b>Unit 12: The 10 commandments</b>	Lean into rocks  Lean into curling waves  When about to flip, take a breath  When swimming, remain upstream from Kayak  When swimming, keep feet high, knees bent, facing downstream hazards  When swimming, never stand up in fast-moving current  Try self-rescue first (eskimo rolls, T-rescue), if necessary, exit boat and swim to safety.  Always wear a helmet and PFD  Never paddle alone  Always scout unknown rapids	Understand kayak and river safety		

<b>Unit 13: How to swim with a boat</b>	<p>Kayak upside down</p> <p>Upstream side of boat</p> <p>Paddle and grap loop in one hand</p> <p>Towing boat, swim to shore with free hand.</p> <p>When in danger, dump boat and paddle and swim on your own.</p>	Understand how to handle a kayak in moving water.		
<b>Unit 14: How to be rescued</b>	<p>Do ABC in number 5 above.</p> <p>Listen to rescuer's instructions</p> <p>Take a hold of the loop of rescuers as offered.</p> <p>Never grab rescuer or safety boat cockpit</p>	Understand kayak rescue		
<b>Unit 15: Practice Forward and back stroke</b>				
<b>Unit 16: Demonstrate practice drawstroke and diagonal drawstrokes.</b>				
<b>Unit 17: Demonstrate and practice low brace and high brace</b>				
<b>Unit 18: Demonstrate and practice T or eskimo Rescue</b>				
<b>Unit 19: River Maneuvers</b>	<p>Paddling straight</p> <p>Ferrying</p> <p>Peel-out</p> <p>Eddy turn</p>			

	Sideslip			
	Surfing			
<b>Unit 20: Discussion of river etiquette</b>	Right of way			
	Spacing			
	Right of and respect for locals and fisherman			
<b>Unit 21: Review previously taught pool skills</b>				
<b>Unit 22: Demonstration of eskimo roll</b>				
<b>Unit 23: Begin learning eskimo roll</b>				
<b>Unit 24: Discussion and details of 3 days on the river</b>	Logistics			
	Food and Water			
	Clothing			
<b>Unit 25: Continue learning/practicing skills taught previously and eskimo rolls</b>				
<b>Unit 26: River reading</b>	Characteristics of current			
	Effects of obstacles			
<b>Unit 27: Flat water and slower moving river water</b>	Paddling straight			
	Ferrying			
	Peel-outs and Eddy turns			
	Paddling upstream			
	Scouting/reading rapids			
	Run small rapids			
	Safety concerns			
<b>Unit 28: Moderately moving water</b>	Lead and sweep boat			

	Safety boats Eddy turns Scouting Duffek stroke surfing			
<b>Unit 29: More advanced water (no more than easy class III)</b>	Safety Scouting Running harder rapids Surfing Practice skills			