

Colorado Outdoor Recreational Leadership Course Scope and Sequence

Course Name	Kayaking		Course Details	Level 3 course in the Outdoor Recreational Leadership Pathway Prerequisite: River Orientation	
			Course = 0.50 Carnegie Unit Credit		
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 https://www.cde.state.co.us/standardsandinstruction/essentialskills					
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)			Demonstrate safe and efficient entry into a kayak from shore while maintaining balance and boat control. Execute proper exiting techniques on various shoreline conditions. Identify environmental hazards that affect		

			launching and landing procedures. Apply appropriate paddle and body positioning during entry and exit maneuvers. Evaluate launch and landing sites for safety and accessibility.	
Unit 4: Swimming with boat and paddle			Demonstrate safe swimming techniques while maintaining control of both kayak and paddle. Apply proper procedures for self-preservation during an unexpected capsize. Maintain contact with essential equipment while swimming in moving or flat water. Assess environmental conditions and adapt swimming strategies accordingly. Demonstrate effective communication and signaling techniques while in the water.	
Unit 5: Emptying boat			Demonstrate multiple techniques for removing water from a flooded kayak. Perform assisted and self-rescue boat-emptying procedures efficiently. Evaluate conditions to determine the safest method for recovering a swamped kayak.	

			Maintain control of personal and group equipment during rescue procedures. Apply proper lifting and handling techniques to prevent injury and equipment damage.	
Unit 6: Wet exit			Demonstrate a controlled wet exit while maintaining composure and safety awareness. Identify and execute the sequential steps of a successful wet exit procedure. Maintain possession of essential equipment during a capsize event. Assess environmental factors that may affect wet exit performance.	
Unit 7: Forward and reverse sweep			Demonstrate proper body mechanics and paddle placement for forward sweep strokes. Execute reverse sweep strokes to effectively maneuver and turn the kayak. Analyze the relationship between edging, body position, and sweep stroke efficiency. Apply forward and reverse sweep techniques to navigate various water conditions. Demonstrate precise boat control using sweep strokes independently and in combination with other paddling skills.	

Unit 8: Demonstration of eskimo roll		Basic recovery techniques including Eskimo roll, wet exits and eskimo rescue		
Unit 9: River Classification	1-6 international scale 1-10 Deseret (big water scale)	Whitewater reading and evaluation of river hazards.		
Unit 10: Four Cautions	High Water Strainers Cold (water and air) Hydraulics, sousehole, reversals	Whitewater reading and evaluation of river hazards.		
Unit 11: Discussion of CRS Water Measurement				
Unit 12: The 10 commandments	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		

Unit 13: How to swim with a boat	Kayak upside down Upstream side of boat Paddle and grap loop in one hand Towing boat, swim to shore with free hand. When in danger, dump boat and paddle and swim on your own.	Understand how to handle a kayak in moving water.		
Unit 14: How to be rescued	Do ABC in number 5 above. Listen to rescuer's instructions Take a hold of the loop of rescuers as offered. Never grab rescuer or safety boat cockpit	Understand kayak rescue		
Unit 15: Practice Forward and back stroke			Demonstrate proper body positioning, paddle grip, and stroke mechanics for efficient forward paddling. Execute backward strokes while maintaining directional control and stability. Analyze the effectiveness of stroke length, cadence, and torso rotation. Apply forward and backward strokes to maneuver in varying water conditions. Demonstrate sustained paddling efficiency and boat control during practice exercises.	
Unit 16: Demonstrate practice drawstroke			Demonstrate correct paddle placement and body	

and diagonal drawstrokes.			mechanics for draw strokes. Execute diagonal draw strokes to effectively maneuver and position the kayak. Apply draw stroke techniques to move the kayak laterally and maintain precise boat control. Evaluate the effectiveness of edging and body positioning during draw stroke execution. Demonstrate the ability to combine draw strokes with other paddling techniques to navigate obstacles and changing conditions.	
Unit 17: Demonstrate and practice low brace and high brace			Demonstrate proper low brace techniques to maintain balance and recover from instability. Execute high brace techniques while maintaining safe body positioning and paddle control. Identify the appropriate situations for using low and high braces. Analyze the relationship between body mechanics, edging, and recovery techniques. Demonstrate effective bracing skills in progressively challenging water conditions.	
Unit 18: Demonstrate and practice T or eskimo Rescue			Demonstrate the steps involved in performing a T-rescue safely and efficiently.	

			Participate effectively as both rescuer and rescuee during assisted rescue scenarios. Demonstrate the procedures involved in an Eskimo rescue while maintaining safety protocols. Evaluate environmental and situational factors that influence rescue decisions. Apply communication, teamwork, and risk-management skills during rescue operations. Demonstrate proficiency in self-rescue and assisted rescue techniques under supervised conditions.	
Unit 19: River Maneuvers	Paddling straight Ferrying Peel-out Eddy turn Sideslip Surfing			
Unit 20: Discussion of river etiquette	Right of way Spacing Right of and respect for locals and fisherman			
Unit 21: Review previously taught pool skills				
Unit 22: Demonstration of eskimo roll				
Unit 23: Begin learning eskimo roll				

Unit 24: Discussion and details of 3 days on the river	Logistics Food and Water Clothing			
Unit 25: Continue learning/practicing skills taught previously and eskimo rolls				
Unit 26: River reading	Characteristics of current Effects of obstacles			
Unit 27: Flat water and slower moving river water	Paddling straight Ferrying Peel-outs and Eddy turns Paddling upstream Scouting/reading rapids Run small rapids Safety concerns			
Unit 28: Moderately moving water	Lead and sweep boat Safety boats Eddy turns Scouting Duffek stroke surfing			
Unit 29: More advanced water (no more than easy class III)	Safety Scouting Running harder rapids Surfing Practice skills			

Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

[CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc)

[CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

Standard 1: Oral Expression and Listening

- Prepared Graduate 1: Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
 - Students collaborate during rescue scenarios, group paddling activities, lead and sweep boat assignments, scouting exercises, and river safety operations that require effective communication, teamwork, and shared decision-making.

Standard 2: Reading for All Purposes

- Prepared Graduate 4: Read a wide range of informational texts to build knowledge and to better understand the human experience.
 - Students interpret river classifications, hazard assessments, water conditions, rescue procedures, river reading principles, safety protocols, and equipment information to develop knowledge and skills necessary for safe whitewater kayaking.
- Prepared Graduate 5: Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.
 - Students develop and apply specialized vocabulary related to kayaking equipment, paddling techniques, river classification systems, rescue procedures, river hazards, whitewater navigation, and outdoor safety.

Standard 4: Research Inquiry and Design

- Prepared Graduate 10: Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.
 - Students evaluate river conditions, hazards, rescue options, paddling techniques, environmental factors, and trip logistics to make informed decisions related to whitewater navigation, safety, and expedition planning.

Note: *Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.*