

## Paddlesports America

This course is designed to address the unique needs of Canoeists and kayakers. This four-hour safety oriented course was specifically designed with the novice paddle enthusiasts in mind. The course is organized into five chapters.

### Topics include

- **Know Your Paddlecraft** - parts of a canoe and kayak; understanding paddlecraft characteristics such as basic types, hull shapes hull materials, lengths and widths and weights; selecting your paddle for both canoe and kayak.
- **Before You Get Underway** - knowing your paddlecraft's capacity and how to file a float plan; transporting your paddlecraft; conducting a pre-departure check; dressing for a safe trip; loading gear in a canoe or kayak; storing paddle craft; the responsibilities when paddling with others.
- **Operating Your Boat Safely** - how to enter and exit a canoe or kayak safely; securing the paddlecraft and sharing the waterways with others; the U. S. Aids to Navigation System (ATONS); learning about local hazards on waterways.
- **The Legal Requirements of Boating** -vessel registration, hull identification numbers and who may operate a paddlecraft; unlawful operation of paddlecraft; Homeland Security restrictions; policies on alcohol and drugs. Life jackets; navigation lights; sound-producing devices and visual distress signals; protection of environment and what to do if in a boating accident. State specific information may be added at the end of this chapter.
- **Boating emergencies... What to Do** - minimizing the risk of drowning, capsizing, swamping or falling overboard; emergency techniques; how to deal with cold water immersion and hypothermia; understanding heat related illness; dehydration; handling weather emergencies.

