

# CTPC Braces and Rolling

## Thoughts

To roll you need a good brace. We will fine tune your braces and then work on developing a bombproof roll! Being able to roll builds on fundamental support skills that often make rolling non-essential, giving us great confidence.



**Prerequisites:** *None*

## Next Step:

*CTPC Rolling Refinement, ACA Level 4 classes.*

## Topics Covered

We will learn a proper wet-exit and bow rescue, focus on quality draw strokes, low-braces and high-braces, development of the hip-snap and finally, mechanics and techniques for rolling the kayak.

## Details and Requirements

This clinic is part of the ACA Level-3 curriculum. We recommend that students have completed at least the basic strokes portion of the ACA Essentials curriculum. The course is planned for solo or group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

**Basic Equipment** includes a properly outfitted kayak with paddle and related safety equipment including PFD and spray skirt. This equipment will be provided for the beginner, although it is best to use your own equipment if available. Please advise us on any equipment you may need prior to the class.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for frequent periods of immersion while practicing skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker or paddle jacket may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your commitment to serious fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	CTPC Participation Card
Inquire	Available, Inquire	Available on request