Learning to roll a kayak.

For learners, helpers and coaches. Watch the land demonstrations first, then use these notes to talk through what you are working on in your coached pool session.

Still a working draft. The coach still needs to check the teaching notes and AI-assisted drawings against the footage.

01 / ON THE MAT

Start on the mat.

Watch the body-only mat demonstration. Notice the lower knee and trailing hand as the paddler returns towards sitting.



Learner: Which part felt easiest?
Helper: Use the variation the leader has shown. Do not pull the learner into position.
Coach: Adapt for comfort and confirm the cue against the source.



Side position → Towards sitting → Seated again

The drawings follow moments in the recording. Ask the coach about your own position and which side to practise on.

Watch: dawsonstanley.com/kayaking/rolling/#mat

Check the boat fits. Then practise.



02 / BOAT FIT

Check the boat fits.

Ask the coach to check the boat you are using and that you can get out easily. Tell them if you are sliding around or feeling squeezed in, so they can check the fit.

Ask: "Does anything feel too loose, too tight or difficult to move?"



03 / SUPPORTED PRACTICE

Get the coach to show you.

The source shows land rehearsal with a broom handle. Let the leader choose the starting position, small movement and assisted finish, and demonstrate the helper's role.

Ask: "Are you comfortable, and would you like to reset?"

Before you practise: Do not try to roll a kayak fully upright unaided on land. A drawing does not teach a pool helper where to put their hands or how to rescue.

Water practice needs a qualified session leader and appropriate rescue cover. Never practise underwater alone, use breath-hold challenges, or keep someone underwater to finish an attempt. Stop for pain or distress.

Watch: dawsonstanley.com/kayaking/rolling/ : choose Fit or Support.

Before the next attempt.

FOR THE LEARNER

• Know who is leading and what exercise you are trying.

• Agree contact and a stop/help signal. You can ask to stop or reset.

• Say how it felt before trying again. Ask the coach for one thing to work on.

FOR THE HELPER

• Ask the leader to demonstrate your position, assistance and how to help the learner upright. Only take the role you have been shown and assigned.

• Ask permission before hands-on assistance. Use the agreed cue and respond to the stop/help signal.

• Give them a moment between attempts. Ask how it felt, then say what you saw. If you are not sure why something happened, ask the coach.

FOR THE COACH / SESSION LEADER

• Check learner readiness, fit, easy exit and rescue arrangements; choose and adapt the progression.

• Brief each helper's role, contact, stop criteria and reset procedure. Check understanding before practice.

• Review the original clips and uncertain transcript wording. Confirm the illustrations and contrasting examples before using them to teach.

WHAT HELPED?

What helped: _____

What to revisit with the leader: _____

Ask the coach to show you the assistance before taking a helper role. Full footage and source notes: dawsonstanley.com/kayaking/rolling/