

CANOEING OUTDOOR LAB INSTRUCTOR'S GUIDE

Refer to the Canoe Practice Day Canoeing Skills Guide for key topics to review for comprehension (e.g., parts of the canoe, strokes, safety).

CANOEING PRACTICE EXERCISES

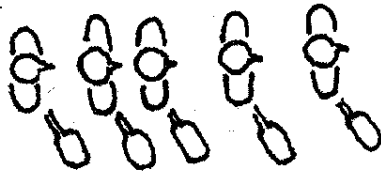
Purpose: These exercises are intended to prepare the students for controlling their canoe safely and efficiently before paddling on water.

Assumptions: Students should already know how to enter and leave the canoe safely and the following paddle strokes: forward (bowman) stroke, "C" stroke, pull (draw) stroke, push stroke, rudder hold, and "J" stroke.

Safety: There should be room between students so they don't hit one another with their paddles. All strokes are in "slow-motion." "Splashing should be discouraged. Students should wear their pfd for all the exercises. Students should be paddle on opposite sides of the canoe for stability and kneel if they feel unstable.

EXERCISES: (Each stroke is demonstrated by the instructor.)

"Line-Up" Exercise: Students line-up, one behind the other on shore, with paddles on right side and review each of the strokes above. They should also practice doing the forward and "C" stroke *backwards*. Then change paddle sides and practice all the strokes on the left side.

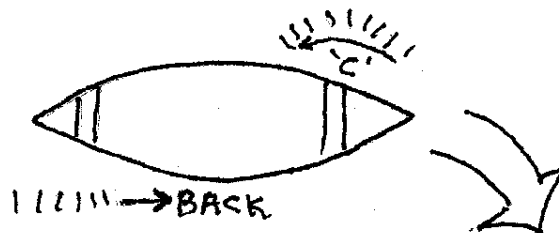


"Kneel-Down" Exercise: Students kneel down on the right side of the dock with the paddle in the water on the right side and practice all the strokes. Then turn around and practice the same strokes on the left side.

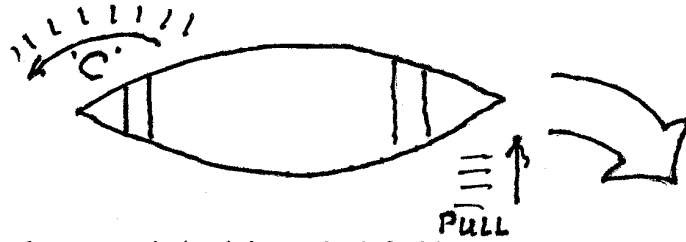


Turn practice on land: With the canoe on land the student pairs safely entering the canoe practice turning right and left. Most beginners will just paddle forward uncontrollably. 75% of control is by the paddler in the back, but to be efficient, 25% should be controlled/assisted by the person in front. Diagrams below show direction of paddle stroke and direction of canoe.

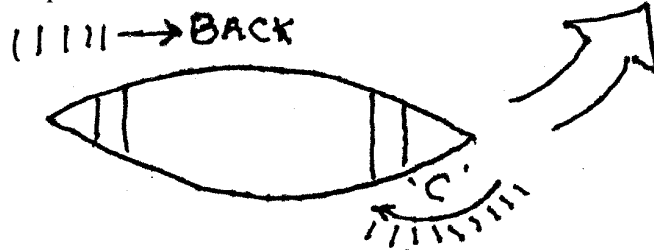
Right Turn: This is when the person in back is paddling on the right side.



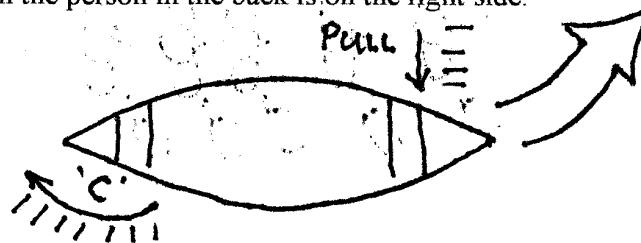
Right turn: This is when the person in back is paddling on the left side.



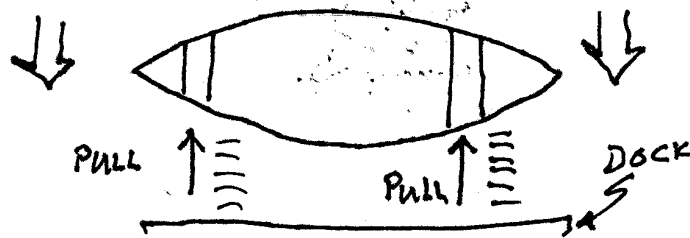
Left Turn: When the person in back is on the left side.



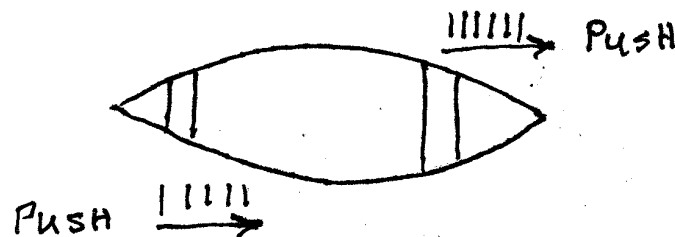
Left Turn: When the person in the back is on the right side.



Pulling to shore/dock: Basically both paddlers pull water under their canoe. Care needs to be taken so they don't pull themselves over into water.



Stopping: Students often need to stop to collect data and water/plant samples. Basically they both just do a backward stroke.



Students are now ready to demonstrate paddling around a close buoy in the water.