



CANOE PRACTICE DAY INSTRUCTOR'S GUIDE

The items in this instructor's guide should be considered before taking students on the LEEP Day field trip to ensure safe conduct, successful learning, and enjoyment. One indoor class session can be used to review safety and paddling strokes. All the paddling skills can be practiced indoors utilizing the paddles and a widely spaced row of chairs (mimicking canoes). Students can also practice putting on PFD's properly indoors to save outdoor time.

Another class session can be used at a local pond or lake to practice necessary skills. One of the best outdoor exercises for learning how to paddle is for students to weave their canoes through a maze of three anchored buoyed empty milk containers. This exercise requires the use of most of the strokes practiced indoors.

Canoes, trailer, PFD's, paddles and other equipment are available for free use through the ***Canoes on Wheels (COW)*** program and can be reserved by contacting Scott Peterson (Scott@fotsch.org). The canoes are stored in Gordon, Wisconsin.

Personal Behavior Considerations:

- All rules are the same as on school campus.
- No controlled substances (alcohol/drugs).
- Respect private property rights.
- Don't litter.
- Etiquette – think of others at landings and on water, especially noise levels.
- Limit electronic entertainment.
- No horseplay on the water.

Personal Considerations:

- Swimming ability – identify non swimmers.
- Medical/physical concerns and limitations.
- Physical fitness and warm-ups.

Equipment:

- Canoes: discuss various types, parts, materials, care.
- Paddles: discuss types, parts, hand positions, sizing, care.
- Life jackets (PFD): discuss types, materials, correct fit, care.

Group Dynamics and Class Control:

- Make sure group aware of expectations and learning goals.
- Discipline problems – remind students that this affects safety.
- Preliminary objectives should be evident.
- Group visibility/compactness – essential for monitoring, partnering.

Instructional Considerations- covered indoors and practiced outdoors:

- Safe paddling and boat handling – state laws.
- Personal equipment – raingear, sunscreen, drinking liquids.
- Safety and rescue- where to get help: 911-cell phone
- Boat carries: suitcase, overhead.
- Launching: from land or docks – stern person enters first.
- Tandem communication.
- Hull trim.
- Positions: sitting, kneeling, standing?

Safety & Rescue Considerations – covered indoors and practiced outdoors:

- Canoe/Buddy system – looking out for each other.
- Hypothermia – HELP & HUDDLE, Care (plastic bags/space blanket), clothing.
- Hyperthermia – hydration, clothing.
- Rescue procedure- stay with canoe- keep upstream. Reach-throw first.
- Rescue priorities – people, canoes, gear.
- How to empty a canoe full of water – canoe-over-canoe rescue.
- Staying with capsized canoe.

Strokes & Maneuvers:

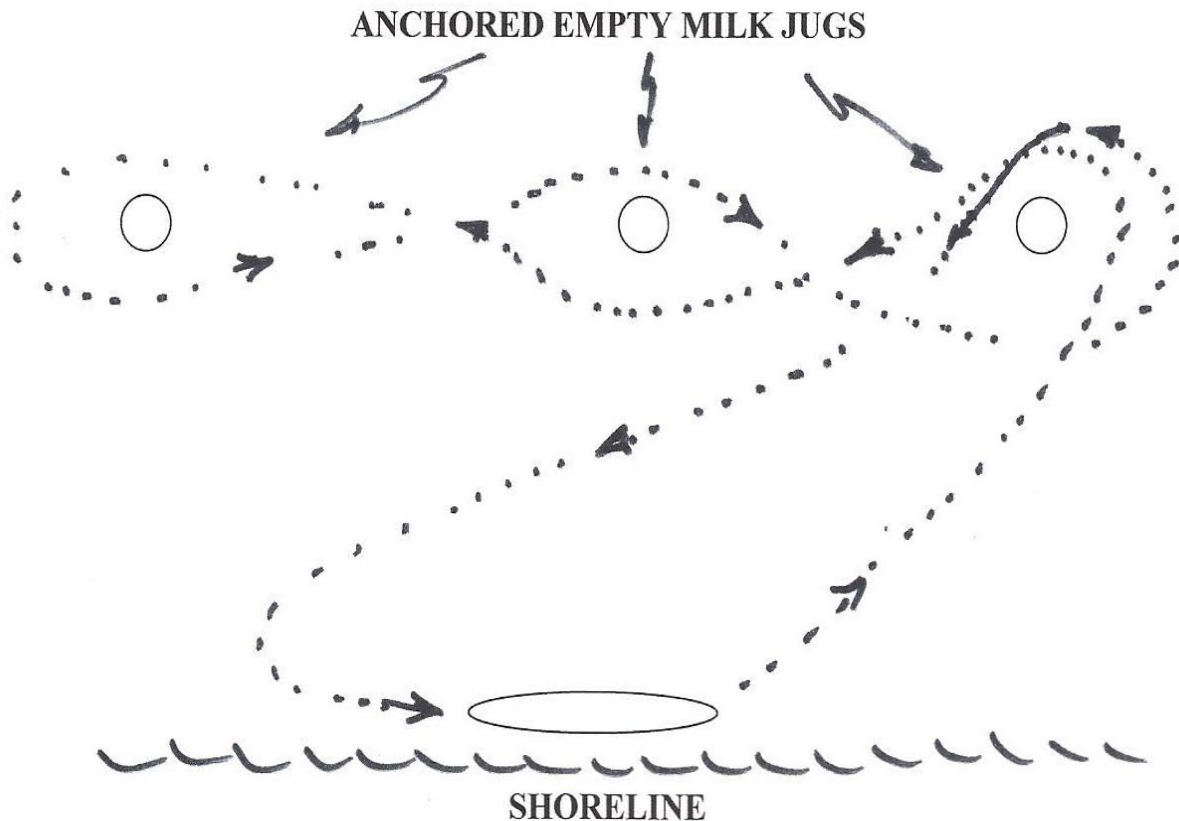
- Strokes – forward, back, “C,” “J,” push-away, pry, draw, crossbow.
- Demonstrational skills:
 1. Forward travel in reasonably straight line.
 2. Stopping in reasonable distance.
 3. Spin – pivot in place.
 4. Turn arc both directions while underway.
 5. Navigate through maze.
 6. Repeat 1-5 in both stern and bow positions.
 7. Repeat 1-5 while solo canoeing.

Assessment/Evaluation:

- Each tandem team run the three “jug” maze successfully.
- Each student solo runs the three “jug” maze successfully (if time permits).



PRACTICE CANOE SLALOM COURSE



1. Students Always have properly fitting pfd on while engaged in this activity
2. Students paired according to ability and classroom teacher recommendation
3. Instructor on shore to help students embark and disembark
4. Instructor/s on the lake with a boat/canoe to assist students having difficulty
5. Students in tandem position run the slalom
6. Students return to shore and exchange positions and re-run the course
7. If time permits, each student run the slalom course as a solo paddler
8. Students having difficulty may change partners/try over again