

# CANOEING

**Public Programs in calm, flat water, protected from wind, waves and outside boat traffic, with no apparent current, and within swimming distance of shore.**

Leaders and Assistants should possess the following skills:

## **STROKES & MANEUVERS**

### **STROKES (Bow, Stern and Solo if they apply)**

Forward (All).  
Forward with Switch (All).  
Forward with Correction (Stern, Solo).  
Forward with Rudder (Stern, Solo).  
Forward with stern pry (Stern, Solo).  
Back (All).  
Draw to the hip (All).  
Bow Draw (Bow, Solo).  
Cross Bow Draw (Bow, Solo).  
Stern Draw (Stern, Solo).  
Pry at the Hip (All).  
Stern Pry (Stern, Solo).  
J-Stroke  
Bow Rudder  
Cross Bow Rudder

### **MANEUVERS**

50yds in a reasonably straight line.  
Stopping: In 1 boat length from a good speed.  
Spin: 360° ON THE SPOT: Spin canoe using forward and reverse sweeps.  
Abeam: 20ft both sides without headway.  
Turns: Underway with momentum both sides.  
Switch positions in the canoe on the water.  
Canoe carries: Overhead and Suitcase.

### **RESCUE/SAFETY**

Understand the risks and dangers of quiet water and how to avoid them.  
Signals: Whistle, Paddle and Hand.  
Rescue Sequence (RETHROG) SPELL OUT  
Priorities: People, Canoe, Gear  
Responsibility: Individual, Group, Rescuer, Victim.  
Emergency Procedures.  
Safety Equipment.  
Deep Water Exits: Vault and Slide.  
Controlled Capsize.

Self-Rescue: Swim 25ft to shore with and without Canoe.  
Empty a Canoe filled with water at Shoreline.  
Canoe over Canoe Rescue (T rescue).  
Side by Side Rescue (Parallel).  
Re-Entry Self and assisted (Heel Hook + Roll, Sling).

#### **TECHNICAL KNOWLEDGE**

EQUIPMENT: Have a working knowledge of basic paddling equipment.

SAFETY: Understand the dangers of kayaking and how to avoid trouble.

HYPOTHERMIA & HYPERTHERMIA: Know symptoms and treatment.

ENVIRONMENT ISSUES: Has an understanding of ecology, water, and "Leave No Trace"

TRIP PLANNING: Familiar with how to prepare self for a short day-trip.

**GROUP AWARENESS: Familiar with whistle and paddle signals and on-water group**

