

Quick Start Your Canoe

Venue: Lake

Time: 3 to 4 hours



This course is for very new paddlers. We will teach you the minimum skills you need to safely paddle a canoe in flat protected waters. You will learn how to properly fit and wear a life jacket and how to understand and respond to the paddling environment. You will learn basic strokes that will enable you to perform the maneuvers listed below. By the end of the class you will be comfortable getting in and out of a canoe and feel confident in your boat. We will discuss responsible actions in a rescue situation and demonstrate several flat-water rescues.

Strokes

Bow:

- Forward
- Back
- Draw
- Cross bow draw
- Pry
- Push Away

Stern:

- Forward
- Back
- Draw
- Stern draw
- Stern pry
- Rudder
- Push Away

Maneuvers

- Paddle forward in a straight line
- Stop in one boat length
- Paddle boat in an arc/ wide turns
- Switch positions in the boat