

# Introduction To Canoeing

Venue: Flat Water

Duration: 6 to 7 hours



This course is for people with some experience in a canoe. We emphasize safety and communication on the water including group management, awareness of the paddling environment and local hazards. You will learn how to safely transport a canoe on your vehicle and how to paddle more effectively and efficiently. You will learn how to balance the boat, and launch and land safely. We will discuss appropriate clothing and gear for daytrips on flat-water and appropriate response to emergencies and practice flat-water rescue techniques. At the end of the day you will know much more about types of canoes, the parts of a canoe and how to choose the right paddle. You will become more confident and comfortable in a canoe and be able choose and hold a course to get the canoe where you want to go.

## Strokes

### Bow

- Forward
- Forward with switch
- Back
- Hip Draw
- Cross bow draw
- Bow draw
- Pry
- Push away
- Sweeps

### Stern

- Forward
- Forward with switch
- Forward with pry correction
- Forward with rudder
- Back
- Hip Draw
- Stern Draw
- Pry
- Stern Pry
- Push Away
- Rudder

## Maneuvers

### Paddling

- Forward in a straight line
- Stop in one boat length
- Spin: Pivot the boat inside and offside
- Abeam: Move the boat sideways without headway
- Turn: Turn in an arc while underway
- Switch positions in the canoe

### Rescue Maneuvers

- Swim the boat to shore
- Empty a full canoe
- Canoe over canoe rescue
- Side by side rescue
- Re-entry methods