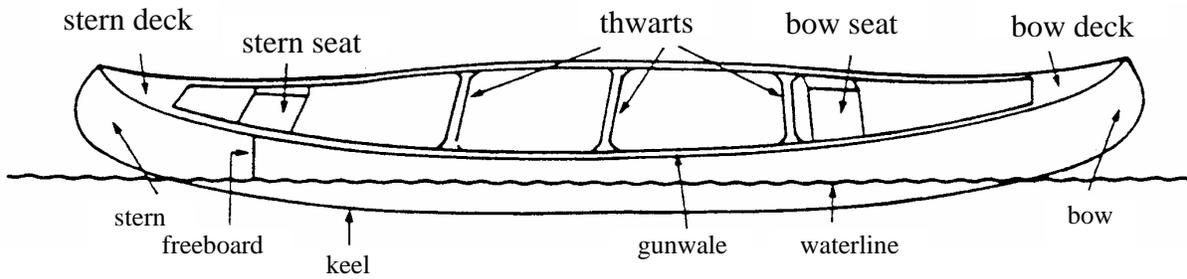


REGINA PUBLIC SCHOOLS

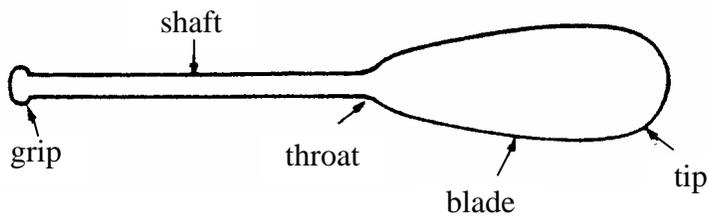
ANSWERS – BASIC CANOEING TEST

TOTAL MARKS - 50

1. Label at least ten of the arrows on the drawing (10 marks)



2. Label the five indicated parts of the paddle (5 marks)



3. True or False (6 marks)

- | | | |
|---|-------------|--------------|
| a) When putting the canoe in the water you should always bridge your canoe. | True | <u>False</u> |
| b) The bow paddler kneels at the bow and the stern paddler at the stern. | <u>True</u> | False |
| c) You should wear a life jacket at all times when you are in a canoe. | <u>True</u> | False |
| d) If you fall out of your canoe, the first thing you do is swim for the nearest shore. | True | <u>False</u> |
| e) You should sit in a canoe at all times and not kneel. | True | <u>False</u> |
| f) You shouldn't overload your canoe at any time | <u>True</u> | False |

4. What does the word "free board" mean? (4 marks)

Answer: The distance between the water and the gunwale.

5. Who usually holds the canoe when the others are getting in? (2 marks)

Answer: Bow paddler

6. DESCRIBE:

- a) a swamped canoe (2 marks)

Answer: A canoe in upright position and filled with water.

- b) a capsized canoe (2 marks)

Answer: A canoe that is upside down with an air pocket under it.

7. What is the name of the stroke that is used to stop the canoe? (2 marks)

Answer: Backwater or reverse stroke.

8. When picking out the proper size of a paddle, what should the approximate length of the paddle be? (2 marks)

Answer: 1. From the ground to between the shoulder and nose.
or 2. From grip to tip with out-stretched arms.
or 3. From grip to throat with elbows at 90°.

9. What is the usual number of people with gear that would be in a canoe? (2 marks)

Answer: Two people.

10. What are the six strokes that we learned at the creek? (4 marks – one mark for each correct answer to a maximum of four)

Answer:

- 1) bow or forward stroke
- 2) reverse or backwater stroke
- 3) draw
- 4) pushaway
- 5) forward sweep
- 6) reverse sweep

11. Which way will the canoe turn if: (5 marks – 1 each)

a) bow paddler paddles forward on the left and the stern paddler paddles backwards on the right?

Answer: clockwise

b) stern paddler does a reverse sweep on the left and the bow paddler does a bow stroke on the right?

Answer: curves to the left

c) bow paddler does a draw on the right and the stern paddler paddles forward 1/2 sweep on the left?

Answer: curves to the right.

d) bow paddler does a draw stroke on the right and the stern paddler does a draw stroke on the left, will the canoe turn clockwise or counter clockwise?

Answer: clockwise.

e) bow paddler does a draw stroke on the right and the stern paddler does a push away stroke on the left?

Answer: sideways to the right

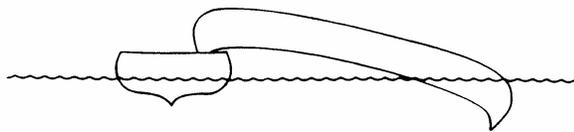
Using diagrams describe a canoe over canoe rescue. (4 marks)

STEP 1



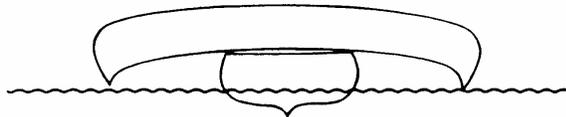
Capsized canoe at right angles to midship of upright canoe.

STEP 2



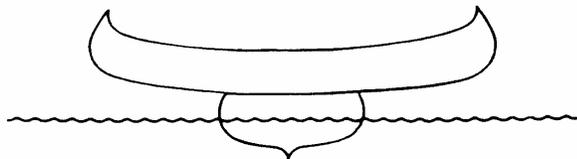
Capsized canoe's air seal is broken and maneuvered on top of the gunwale of the upright canoe.

STEP 3



Capsized canoe is maneuvered on top of the upright canoe.

STEP 4



Capsized canoe is uprighted on top of upright canoe and then fed back into the water.