

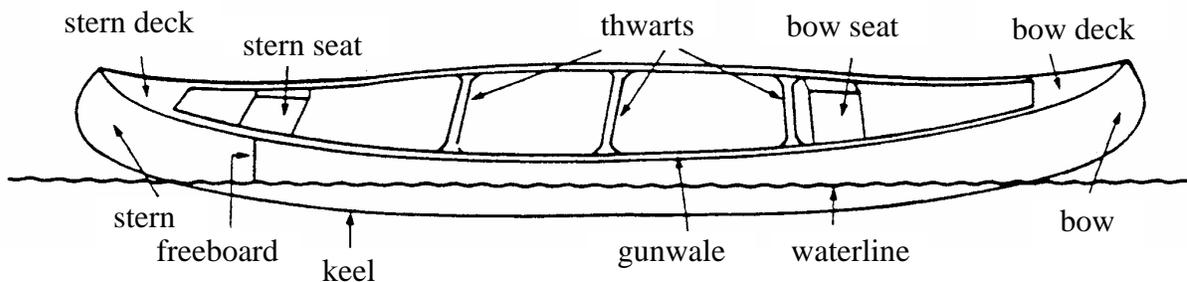
REGINA PUBLIC SCHOOLS

Canoe Program Instruction

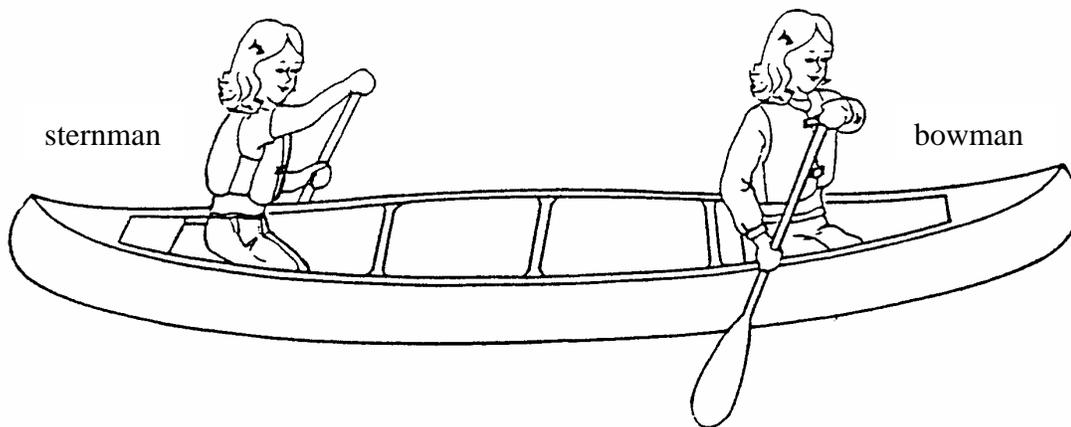
Grade 7

1. Orientation

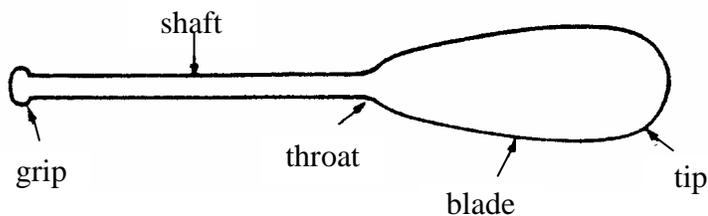
a) Canoe Terminology



b) Positions and names of the crew



c) Parts of the paddle



2. Water Safety Session (Pool)

a) Balancing Practice:

The student should hold the gunwales of the canoe as they lean and balance it on one side, keeping the gunwale very near the surface of the water. Practice left, then right.

b) Rocking the Canoe:

Have the students rock the canoe left and right so that the gunwales touch the surface of the water but keep the water out.

c) Tipping the Canoe:

Have the students tip the canoe so it capsizes but make sure they hang on to a gunwales so that they remain in control of the canoe.

d) Canoe as a flotation aid:

Have the students hang on to the canoe in its capsized position and have them swim with it.

e) Entering a swamped canoe:

The canoe should be balanced by having canoeists hanging on to opposite gunwales, across from each other. Entrance should be done carefully so as not to push down the gunwale. Hands should be used on the bottom of the canoe so balance is maintained. Once in the canoe the students should sit on the bottom with legs straight out in front.

f) Propelling a swamped canoe:

Once seated in a swamped canoe the canoe can be propelled forward by a breast stroke-like action with the arms.

g) Getting into a canoe from the water:

Students must balance the canoe by being on both sides. They get into the canoe one at a time near the centre thwart then move to their specific positions. While pushing down on the near gunwale and pulling on the far side of the centre thwart they flutter kick and pull themselves on top of the centre thwart and roll over into the canoe. Do not allow them to crawl into the canoe from the water one leg at a time.

h) Getting out of a canoe into the water:

The bowman gets out first by standing on the centre line (keel line), putting his hands on either gunwale, and then hopping out. While hopping out both hands should transfer to the gunwale on the side they are getting out of. Make sure they hang on.

The middleman moves to the bow and does the same thing as the bowman did except hops out to the opposite side.

The sternman pivots half a turn near his stern seat and hops out in the same fashion as described above.

i) Getting out of a canoe on the land:

The bow of a canoe comes first. The stern end is then allowed to come into the docking position so the canoe is parallel to the dock. It is the bowman's job to make sure the bow of the canoe does not bump or scrape the edge of the pool or shore.

The bowman gets out first and steadies the canoe as the sternman gets out.

j) Canoe over canoe rescue:

When a canoe has capsized the other can assist in emptying and righting the capsized canoe. The capsized canoe should be left upside down. The bow must be swung over to the side of the rescue canoe and tipped on its side.

The bowman of the rescue canoe turns around to face the sternman. They lift the bow of the capsized canoe onto their gunwale (while one person pushes down on the stern of the capsized canoe). The capsized canoe is then turned upside down and slid over the gunwale to its mid-point. The bowman and sternman then turn the capsized canoe right side up and slide the canoe back into the water. Bringing it parallel to their own, the rescued people are allowed to re-enter their canoe.

k) Canoe as a flotation aid:

To create an air pocket in the water, hold on to both gunwales, tilt one higher than the other to let air in. Canoeists may go underneath the canoe safely. By hanging on to the gunwales the canoeists can safely stay under the canoe for some time. From time to time by retilting the canoe fresh air can be brought in.