



Pathfinder Honour: Requirements & Framework

Canoeing 1

Part of Recreation Category of Honours

Honour Patch



Part of Aquatic
Master Honour



Snapshot of Honour

Imagine cruising down a still river in a canoe. There's a quiet ripple as your craft glides through a nature wonderland.

This honour focuses on the skills needed to canoe safely over still water. You'll understand safety issues associated with canoeing, learn the importance of Personal Flotation Devices (PFD's), terms such as buoyancy and the parts of a typical canoe and paddle.

There's heaps of practical skills - paddling strokes, embarking in a canoe, what to do in a capsized situation, canoe rescue and more. A great honour to do, so 'start paddling'!

Honour History:

Original Honour: 1945 Author not known

General Conference: Reviewed 2001

South Pacific Division : Reviewed April 2010

- Rod Hutton, John Sommerfeld S Qld Conference. Roger Pengelly NNSW Conference

Canoeing 1 Honour

Honour Framework: [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 2 /Level 3
<u>Pre-requisites:</u>	Swimming 3 (Intermediate) Honour
Preparation Time:	Average (4-8 hrs); Substantial (more than 8 hrs)
Physical Requirements:	Moderate/ Exhaustive (Ability to stroke a paddle to propel a canoe)
Equipment/Materials Required:	Canoes, paddles, PFD's, safety equipment
Location:	Indoors; Outdoors; Excursion. Has a large practical component.
Sabbath Appropriate:	Instruction probably not – practice maybe
<u>Safety & Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. NB Qualified Instructor is required in some areas.
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	i. Workbook, ii. Canoeing Honour 1 – Basic Skills Assessment Form, iii. Assessment Sheet which has a checklist of practical requirements and a short test to check knowledge of the honour.
List of Resources:	See Trainer's Notes

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

Honour Components:

Requirements:	See following page
Trainer's Notes:	Canoeing 1 Honour Trainer's Notes
Student's Workbook:	Canoeing 1 Honour Workbook
Assessment Sheets:	Canoeing Honour 1 – Basic Skills Assessment Form and, Canoeing 1 Honour Assessment (On SPD Honour Website but Leader's level access is required)

Canoeing 1 Honour

Requirements

Source: General Conference of SDA, 15 April 2010

<http://gcyouthministries.org/Ministries/Pathfinders/Honors/tabid/85/agentType/View/PropertyID/287/Default.aspx>

Note: The requirements for this honour were reviewed to meet the needs of the South Pacific Division and now vary substantially from those listed at the above General Conference website.

Qualified Instructor is required. Refer to local legislative requirements.

- 1 Have the Swimming 3 (Intermediate) Honour
- 2 Know, demonstrate and comply with the safety requirements that are listed under the following headings:
 - a. General safety considerations
 - b. Canoeing Safety Code
 - c. Safety Signals
3. Demonstrate the correct wearing of a PFD. (Personal Flotation Device) and describe how to care of a PFD.
4. Present for inspection the equipment necessary for a one day paddle on flat water.
5. Buoyancy is important for both paddlers and their craft. Know how to achieve this for both.
6. Explain the procedure to be followed to carry out basic repairs to the craft being used during this test.
7. Identify the parts of a canoe.
8. Identify the parts of a paddle and demonstrate how to hold a paddle.
9. Launch the craft, embark from the bank and propel the craft forward and backward.
10. Be able to demonstrate the following stokes:
 - a. Emergency stop.
 - b. Forward sweep.
 - c. Reverse sweep.
 - d. Support stroke.
 - e. Forward paddling.
 - f. Reverse paddling.
 - g. Draw stroke.
 - h. Pry stroke.
 - i. J stroke.
 - j. Bow draw.
11. Demonstrate the correct procedure to come alongside the following:
 - a. The bank or shore
 - b. Another canoe or kayak
12. Demonstrate proficiency in handling a canoe capsize situation.
- 13 Demonstrate the ability to empty the craft and place it on the bank.
- 14 Demonstrate the ability to perform a deep water rescue of a swamped canoe.

General Conference Reference No YOU5230 Canoeing