



## Pathfinder Honour: Trainer's Notes

# Canoeing 1



### Instructions to Trainers / Instructors of this Honour

Thankyou for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. *(On SPD Honour Website but Leader's level access is required)*

### Additional Reference Material

[http://en.wikibooks.org/wiki/Adventist\\_Youth\\_Honors\\_Answer\\_Book/Recreation/Canoeing](http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Recreation/Canoeing)

Note: This site was developed primarily for North American conditions. It has useful general information.

### Acknowledgements

# Canoeing 1 Honour

## **IMPORTANT: BEFORE YOU START**

These Trainer's notes have been compiled to meet the diverse needs of the South Pacific Division (SPD) for the training of the Canoeing 1 Honour. The SPD is diverse and is comprised of many countries; each with different climatic conditions, cultures and legislative requirements. These notes are generic in nature and provide the basics of canoeing. Trainers must comply with local legal requirements

A Qualified Instructor is required. Refer to local legislative requirements

## **INTRODUCTION**

There are two main types of craft that are used which come under the broad heading of canoe. Technically speaking, they are in fact canoes and kayaks.

**Canoes** are usually open and are generally paddled with a single paddle and for purists are paddled while kneeling on one knee.

Usually, Canoes or Canadians, as they are also known as, are paddled with two paddlers. The person in the front providing most of the motive force, having little control over steering, while the rear paddler does contribute to forward motive force, they are responsible for steering the canoe by using the paddle as a rudder. The enclosed volume of an average canoe is approximately 900 litres.

**Kayaks** usually have a skirt to seal the body of the paddler into the cockpit hole in the deck of the craft. Kayaks are usually paddled using a double ended paddle. There is usually one paddler situated in the centre of the craft, with a slight distribution of the weight to the rear. The enclosed volume of an average kayak is approximately 280 litres.

# Canoeing 1 Honour

## **REQUIREMENT 1: Have the Swimming 3 (Intermediate) Honour**

Participants must already have the Swimming 3 (Intermediate) Honour.

## **REQUIREMENT 2: Know, demonstrate and comply with the safety requirements that are listed under the following headings:**

### **a. General safety considerations**

There is always an element of risk involved. Enjoy the experience, but don't be complacent and irresponsible.

- Tell someone where you are going and your expected time of return.
- Check the weather, tides, etc.
- Never paddle alone.
- Never paddle flooded rivers and creeks.
- Never overload your canoe.
- Stay as close to shore as practicable.
- Never paddle at night unless you have lights.
- Always wear a certified buoyancy vest which is correctly fitted.
- Protect yourself from the sun – sunscreen, hat, long sleeved clothing etc
- Wear appropriate footwear. Wet boots (ie reef walkers) are excellent. They have strong soles which protect feet from sharp objects on the bottom. They are relatively light.
- Bring a water, food, first aid kit, repair kit, torch, rope, compass, sunscreen etc.

Safety in relation your ability and knowledge.

- Always be calm and have an alert mind. Concentrate on what you are doing.
- Be aware of the safety issues regarding the design and construction of your canoe, the clothing you wear, and the people with whom you paddle.
- Have an ability to distinguish between potential, avoidable and unavoidable dangers.
- Be able to swim in your clothes.
- Have an ability to swim both yourself and your craft and gear to safety.
- Know your strokes and you will be able to react quickly in a dangerous situation.
- In a storm head to shore, point the bow into the waves and manoeuvre to shore.

### **b. Canoeing Safety Code**

The following points are based on the Australian Canoeing Safety Code.

Individual

- Be able to swim confidently (50 metres wearing full clothing and shoes)
- Wear a buoyancy vest (PFD) correctly at all times while in the craft
- Be honest with yourself about your ability. Know what you can do and can't
- Know the difference with paddling water in rivers, lakes, and oceans
- Be aware of cold water and weather extremes. Low temperature water can kill, sometimes very quickly
- Have suitable gear with you – secure glasses, have appropriate footwear, and protection from sun, wind, rain
- Acquire skill in capsize, first aid, and be prepared for an emergency

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## Equipment

- Make sure the craft design matches the conditions
- Test and be familiar with new gear and equipment
- The craft should be in good condition
- Carry a spare paddle
- The craft, filled with water, should be able to support the paddlers and their gear in deep water. 30 litres (ie 1 cubic foot) of effective foam should be at each end as a minimum.
- Carry appropriate repair materials for the craft, a torch, map, compass and survival gear if on a trip.

### c. Safety Signals

- Paddle horizontal above head, arms out – STOP
- Paddle and hand vertical – ALL CLEAR
- River (R) (L) by pointing arm or paddle to that direction
- Whistle three long blasts – HELP OR ASSIST

## **REQUIREMENT 3: Demonstrate the correct wearing of a PFD. (Personal Flotation Device) and describe how to care of a PFD**

Always wear your PFD with the zipper and fastener done up and always in good repair. Use a PFD that fits for appropriate size. Type 2 with 6kg upthrust is the minimum requirement.

The following points apply to the care of a PFD

- Petroleum products and sunscreen lotion degrades and weakens the nylon case. Be careful to keep these from contacting your PFD.
- Sitting on the foam causes it to be compressed and will in time contribute to a loss in its buoyancy. So DON'T SIT on any PFD!
- A PFD with discoloured casing is also an indication of degraded nylon and it will not be in some circumstances as strong as it should be.
- A PFD with holes or tears should either be repaired or replaced.
- PFDs should be stored and dried in a shady area that is dry and away from rodents and spiders.

## **REQUIREMENT 4: Present for inspection the equipment necessary for a one day paddle on flat water.**

### **IMPORTANT: Take into account climate and weather conditions**

Equipment must be in good working order. (Can work in pairs for this task)

Canoe, Paddles, PFD's, Food, Drink, Sunblock, Footwear, Warm garment in case of capsizes, first aid emergency, hat.

## **REQUIREMENT 5: Buoyancy is important for both paddlers and their craft. Know how to achieve this for both.**

Paddlers need to wear their PFD at all times. They need to be able to keep their bodies above water after capsizes.

The canoe needs to be able to support its crew and sodden gear in deep water. To achieve this it requires 30 litres (ie 1 cubic foot) of effective foam plastic at each end as a minimum. In some cases, some craft have air locks that achieve the same outcome.

# Canoeing 1 Honour

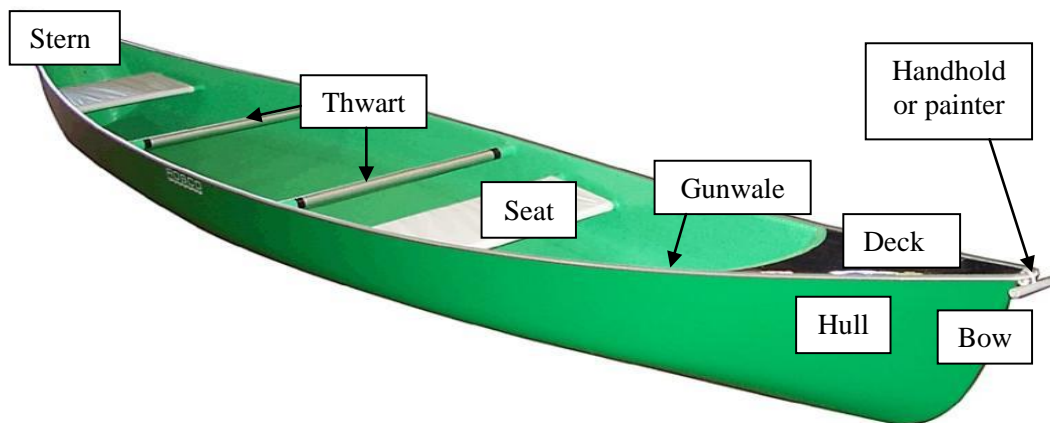
**REQUIREMENT 6: Explain the procedure to be followed to carry out basic repairs to the craft being used during this test.**

- Good quality waterproof adhesive
- Heavy plastic adhesive tape ie 'duct' tape
- Canvas or vinyl patch
- Fibreglass mat and resin

For detailed information please see Requirement 9 at:

[http://en.wikibooks.org/wiki/Adventist\\_Youth\\_Honors\\_Answer\\_Book/Recreation/Canoeing](http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Recreation/Canoeing)

**REQUIREMENT 7: Identify the parts of a canoe**



**REQUIREMENT 8: Identify the parts of a paddle and demonstrate how to hold a paddle**

The paddle has three distinct parts

- The T grip or hand grip
- The shaft
- The blade

The most accurate means of determining the correct length is to sit or kneel as appropriate in the canoe and with the top arm horizontal the blade should just be immersed.

The top hand always goes on the T grip and the lower hand on the shaft. To determine correct hand position, hold paddle above head horizontally, one hand on the T grip as stated and the other in the position with elbows at right angle.



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## **REQUIREMENT 9: Launch the craft, embark from the bank and propel the craft forward and backward.**

In a river the paddler needs to consider water flow and currents. The most appropriate consideration is to face the bow upstream.

When launching from a pier, wharf or bank, this same process would need to be considered.

To enter a canoe:

- The stern paddler places the paddle across the craft and if possible braces the paddle on the bank. The bow paddler does similarly and embarks. With weight evenly distributed on the hands, step one foot in the centre of the canoe, then the other foot also in the centre and sits down promptly.
- Both paddlers steady the craft again while the stern paddler embarks in the same fashion.
- With weight evenly distributed on the hands, step one foot in the centre of the canoe, then the other foot also in the centre.
- Sit down promptly.

To exit, simply reverse the procedure.

## **REQUIREMENT 10: Be able to demonstrate the following strokes:**

### **a. Emergency stop**

These are required when you wish to stop the craft quickly, perhaps from running into another craft, obstacle, or a submerged object.

Usually the bow paddler calls STOP after seeing the danger.

On this command both paddlers plunge the blade deeply into the water beside their bodies.

Lever the paddle backward for about 50-60cms.

Repeat stroke quickly until the canoe stops. Usually three strokes are necessary.

Remember the canoe needs to be kept straight.

A common fault in this stroke is hanging onto the first stroke too long and not using extra strokes until the boat actually stops or moves backwards.

### **b. Forward sweep**

Paddle is kept as low (horizontal) as possible.

Bowhand starts the stroke as far forward as possible.

Stern starts with the paddle at about 45°

Using the power side of the blade, sweep the paddle around in a wide arc.

Keep the lower arm straight throughout the stroke.

Straighten the top arm as soon as possible.

The blade is kept shallow and the top edge just breaks the water.

Bow paddler sweeps the paddle around until the blade is just in line with the body.

Stern paddler swings the paddle around to the very back of the craft turning the shoulders with the stroke.

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## c. Reverse sweep

This is the same as the forward sweep but done in the reverse and using the back of the blade. However, it has the opposite effect on the direction of the craft.

Stern paddler turns the shoulders and starts as far back as possible

Sweep blade out and around in a wide shallow arc.

Stern paddler finishes at about 45°.

When a craft is in motion, it is recommended that bow operator does a Bow Draw (see 'j' of this requirement) in preference to a reverse sweep as the operator may be injured if a sweep is performed.

## d. Support stroke

This stroke is used to steady the canoe and prevent a capsize. It is important to get the timing of the support stroke and the hip movements correct, thus practice is important, not only to learn the stroke but also to maintain the skill in using it.

- Hold the paddle at right angles to the craft
- The elbows above the shaft of the paddle
- The reverse side of the blade on the water
- Lean the craft over towards the paddle using the water as a support
- Push down hard on the blade and right the canoe with your hips while your weight is on the paddle
- It is important to be well braced in your canoe
- Paddle must be horizontal and low at all times
- As you become more confident, reach further out.

## e. Forward paddling

Hold T grip in one hand and shaft of paddle with the other pending on the side of the craft you are paddling. Maintain the shaft of the paddle in an upright position, while leaning the body forward approximately 70°. The blade of the paddle enters the water at right angles to the canoe's centreline.

When the blade is fully immersed, apply power in the stroke by drawing the paddle through the water towards the rear of the canoe. The first 15-20cms of the stroke is the most powerful.

Recovery of the stroke happens when the blade has reached approximately in line with the paddler.

## f. Reverse paddling

All reverse paddling strokes use the back of the blade and depend particularly on body rotation for power. Begin by turning around with arms straight. Place the paddle flat on the water. Keeping the arms straight, twist in the opposite direction, driving the blade towards the bow until it is near vertical. Lift blade clear of the water and return for the next stroke.

When paddling in reverse, the bow paddler will be controlling the direction. The paddler may need to utilize a reverse J stroke. (See part 'i' for J stroke)

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Key points:

- Emphasise trunk rotation
- Sit upright, or even lean slightly backward
- Keep the arms straight, holding paddle clear of body
- Look behind

## g. Draw stroke

Draw strokes are one of the most useful strokes as they can be varied according to demands. Both you and your partner can try this one together as the draw done in the bow and the stern complimenting one another and the canoe will quickly move towards the paddles.

Procedure for moving the canoe to the left:

- Hold the paddle above the head in the surrender position
- Drop the blade in the water level with the hips keeping the top arm bent at right angles, framing the face and with the forearm in front of your forehead
- The paddle must be vertical
- Draw the blade 90° and slip it sideways through the water out the way it had come
- Keep the top arm in the above position all through the stroke.

## h. Pry stroke

The paddlers place their paddles vertically alongside of the canoe and hold the shaft against the gunwale. With the blade at 90° to the hull, push the top hand outwards so that the blade is under the hull. Rotate the wrists, and blade, and pull with the top hand. Feather the blade and push top swing the blade under the hull for the next stroke. The top hand does the work, with the lower hand simply holding the shaft in position against the gunwale.

Key points:

- Blade must start under the hull;
- Top hand must be right across;
- Shaft held against the gunwale;
- Pull the top hand;
- Feather to recover.

## i. J stroke

If your canoe is veering off to one side all the time the stroke to use to correct it is the J stroke. Many people back paddle or rudder off the back of the boat to correct the swing, but all that this achieves is putting the brakes on. Doing this is inefficient and exhausting for the bow paddler.

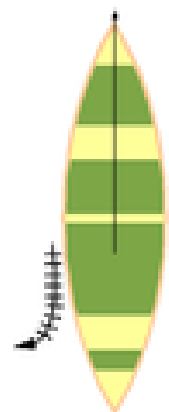
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Only the stern paddler uses the J stroke.

Normal forward paddle stroke with vertical shaft.

As the blade comes level with the body – angle the drive side of the blade outwards as the stroke continues.

This is achieved by the action of the wrists. The top hand twists out towards the thumb. (thumb down action)





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## j. Bow draw

This stroke is used for turning the craft. The bow paddler will hold the paddle in an upright position and plunge the blade into the water parallel with the hull of the canoe, making sure the T grip arm is framing the paddler's face. Draw the blade towards the bow with the power face and then turn the thumb away, positioning the blade in the normal forward stroke position. Repeat this to continue the turn.

This stroke can be performed on either side on the canoe by means of a cross bow draw, remembering that the power face needs to be used at all times.

The stern paddler is usually using sweep strokes during this procedure.

### **REQUIREMENT 11: Demonstrate the correct procedure to come alongside the following:**

#### **a. The bank or shore**

At no time should you ram the canoe into the bank front on. Skill should be practiced in coming into the bank slowly and on the side.

#### **b. Another canoe or kayak**

When approaching another craft, a warning of coming along side should be given to allow the other canoeists to remove fingers and arms from the path of the approaching canoe. A warning call of '*rafting up*' is a call commonly used. Approach should be made slowly and, once fully alongside, take hold of the other canoe for stability.

### **REQUIREMENT 12: Demonstrate proficiency in handling a canoe capsize situation.**

Paddlers should capsize, swim into position to hold the painters or handhold on the upstream side of the craft, before swimming it to the shore.

It is wise to practice a capsize. This will allow you to be able to deal with this happening in the emergency situation. Once capsized:

- Try to retain your paddle.
- Surface as quickly as possible ensuring that both paddlers have surfaced.
- Immediately swim to the upstream side of the craft. This is vital because it will prevent you from being crushed against something. An open Canadian canoe full of water can weigh 1 ton. If in the surf or on a lake, go to the upwind side of the canoe.
- Keeping on the safe side of the craft, now take hold of the painter or handhold and tow the canoe to the bank. Tow the craft as you find it.

EXCEPTION: In windy conditions you may have to sink it so you don't get blown away.

### **REQUIREMENT 13: Demonstrate the ability to empty the craft and place it on the bank.**

When emptying a canoe, you will find it a lot easier if you keep the suction broken by allowing a gunwale to be out of the water.

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### **REQUIREMENT 14: Demonstrate the ability to perform a deep water rescue of a swamped canoe.**

- The rescue canoe comes alongside the swamped canoe.
- Rescue paddlers check that the paddlers in the water are alright. Check that they have regained their paddles.
- Pull the swamped canoe, hull up, into position with the aid of the paddlers in the water (if they are able) swinging it around so that the bow is facing the side of the rescue canoe (make the letter T).
- Pull the bow onto the rescue canoe and then while avoiding injury to hands, pull it across the rescue canoe, centring it. As the canoe is pulled up over the gunwale of the rescue canoe, the water should be flowing out of the swamped canoe.
- Then turn the emptied canoe over and slide it back into the water. Maintain hold of it so that it doesn't get away by either wind or current.
- The rescuers hold one side of the rescued canoe to stabilise it while the canoeists in the water climb into the canoe from the other side.