

Paddle Newfoundland and Labrador

Canoeing - Introduction to Lake Tandem

Location:

Pool Session: Aquarena, May 28th at 7:00 – 10:00 pm (lectures & pool demos).

Pond Session: Rotary Sunshine Camp, May 31st (6 pm - 10 pm) (Lectures & on the Pond)

Rotary Sunshine Camp, June 1st (9 am - 5 pm) (Lectures & on the Pond)

Course Fees Includes:

Paddle Canada Program Overview, Paddle Canada certification. Canoe, PFD and paddles are provided for the duration of the course. If you have your own please bring it along but not necessary.

Certification Available:

Paddle Canada – Introduction to Lake Tandem

Prerequisites:

No previous canoeing experience necessary but good swimming ability/confidence is highly recommended.

Group Size:

Maximum of 20 (i.e., 10 canoes) with 2 to 4 canoes per instructor. This small group size will provide ample opportunity for one-to-one instructor/student interaction.

Course Length and Structure:

Introduction to Lake Tandems is a one and half day course plus a pool session that will focus on safety and skill development. The course will utilize on-land lectures, pool session rescue clinic and on-water skill development.

COURSE OBJECTIVE(S)

Introduction to Lake Tandem is the starting point for individuals seeking to learn the art of Canoeing.

There is a strong emphasis on water safety, equipment use/care, canoeing fundamentals and skill development. The candidate will learn the theory and skills necessary for paddling close to shore in a calm lake environment. The course includes: demonstrated assisted rescue techniques, basic

equipment care and knowledge, and basic forward and turning skill development.

Theory Items: Candidates will be introduced to the following theory items:

- ✓ Parts of a Canoe, design and performance
- ✓ Parts of Paddle, design and selection
- ✓ Water/Wind/Waves/Weather (concerns, hazards and risk)
- ✓ Hypothermia and Hyperthermia
- ✓ Transport Canada Regulations
- ✓ Basic Whistle Signals
- ✓ Personal Preparation (clothing, water, snacks, meds, float plan, etc.)
- ✓ “The Three Golden Rules”

Pool Session:

Safety

- ✓ Enter and exit a canoe (from a dock)
- ✓ Paddling Positions (3 point Contact)
- ✓ Experiencing Canoe Stability
- ✓ Exit and enter canoe from the water
- ✓ Switching paddling positions on the water
- ✓ Paddling a swamped canoe
- ✓ Canoe over Canoe rescue

Pond Session

Safety

- ✓ Lifts and carries (Transport on Vehicle)
- ✓ Enter and exit a canoe (from shore)
- ✓ Paddle Stance and manipulation
- ✓ Warm up to reduce Paddling Injuries
- ✓ Shore based Throw Bag Rescue

Skills

Strokes

- ❖ Draw
- ❖ Push away (Pry)
- ❖ Forward/ Power
- ❖ J-Stroke
- ❖ Sweep
- ❖ Reverse
- ❖ Check (Stop)

Maneuvers

- Pivots
- Docking
- Forward Straight Line
- Reverse Straight Line
- Stop
- Onside Turns
- Offside Turns

Evaluation:

Course evaluation will be comprised of an 'on-going' skill assessment. Participants will be evaluated not only on the completion of specific skills but also personal conduct, equipment care, and acquired canoeing knowledge.

WHAT TO BRING:

Canoeing is a water based activity, so be prepared to get wet at anytime. Not including items for personal comfort, participants should bring the following to the pool:

Pool

1. Swimwear
2. Pen/paper
3. Registration Form

Waivers:

At the registration session prior to going to the pool, candidates will be asked to complete a waiver form which is provided to Paddle Canada for insurance purposes.

Note:

The Club supplies the canoes for the pool session so even if you own one you don't need to bring it to this session.

Pond

1. Fly dope - Rain gear
2. Paddle (if you have your own or have access to one)
3. PFD (if you have your own or have access to one)
4. Canoe (if you have your own or have access to one)
5. Lunch/Snacks/Liquids – Sunglasses - Brimmed Hat/Bandana
6. Appropriate “wet” footwear (Rubbers, Neoprene Socks, Old Sneakers and change of socks)
7. Complete Change of Clothes
8. Please avoid cottons – participants are encouraged to wear polypropylene, fleece or wool clothing that will retain warmth when wet but also breathe well if the temperature rises.

NO JEANS!!

9. Towel and a coffee mug.