

Paddle Newfoundland and Labrador

Canoeing - Introduction to Lake Tandem - 2026

Location:

Rotary Sunshine Camp, May 30th (8:30 am - 5 pm) (includes 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 30 (i.e., 15 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 an 8-hour course. 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”

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**
- ❖ **Forward/ Power**
- ❖ **J-Stroke**
- ❖ **Sweep**
- ❖ **Reverse**
- ❖ **Check (Stop)**

Maneuvers

- **Pivots**
- **Sideward's Displacement**
- **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:

Pond

1. Lunch/Snacks/Liquids – Sunglasses - Brimmed Hat/Bandana
2. Appropriate "wet" footwear (Rubbers, Neoprene Socks, Old Sneakers and change of socks)
3. Complete Change of Clothes
4. 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!!

5. Towel
6. Please bring a lunch as we do not want students to leave the facilities during lunch. There is a small convenience store just across from Rotary Park that you can use if you want to.
7. **Cell Phone should be in a waterproof container.**
8. **All eyewear should be attached to your head. If they fall into the pond they are gone.**