

# Canoeing



## DESCRIPTION

You won't find white water rapids at Log Cabin Camp but canoeing on our picturesque lake may help to inspire images of Davey Crocket and the likes. Together with timing and co-operation the canoeing team can soon hoan their skills to discover a new water frontier.

Canoeing is considered to be a specialised activity as miss-use of the equipment or poor supervision has the potential to harm participants.

The aim of the activity is to provide participants with a new recreation experience, developing their psychomotor skills, increase their self-confidence and to teach them the fundamental skills and safety issues associated with canoeing and water activities.

At the conclusion of the activity participants should be able to:

- Control their canoe, being able to canoe in a specific direction.
- Use life jackets.
- Identify the safety issues associated with canoeing and water activities.

## INSTRUCTIONS

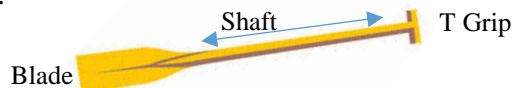
### EQUIPMENT

Canoes (which are down by the lake)

Paddles (in Sports Room)

PFDS, Personal Floatation Device (hanging up in Sports Room)

1. Activity Instructor will ensure that all participants are wearing a PFD (Personal Floatation Device) that fits correctly ensuring all zips and clips are fastened. Also that each participant has an paddle of correct size for the individual.
2. Activity Instructor should assemble the canoes at the water's edge parallel to the bank (raft) ready for the session.
3. Activity Leader should instruct the participants on parts of the paddle and where to position their hands:



- One hand should be on top of the T grip with the thumb underneath
  - The other hand should be on Shaft shoulder width apart with an overhand grip
4. Activity Instructor to teach the group how to complete strokes to move canoe:  
**Forward:** Place blade in water at toes, then pull to hips take the paddle out of the water and repeat.  
**Backwards:** Start with the paddle in the water at the hips and push the paddle forwards and away from you.

**Correction of errors:** Ensure the participants are swinging oar too high like a windmill as it will put their partner at risk or splash their partner. Also check the hand positions of the group.

5. Activity Instructor to explain how to steer the canoe with partner: Captain at the back can backwards paddle on the side that they wish to turn. Partners need to work together for the canoe to move forward and turn
6. Activity Instructor to ask the group what a capsize is or inform them if unsure.  
Three things the group shouldn't be doing to ensure they don't capsize.
  - Leaning to one side
  - Rocking the canoe
  - Standing in the Canoe unless asked to by the instructor

If capsize occurs inform the participants they are to not to panic and jump on top of the canoe as their partner may be underneath or it can sink the canoe.

Tell them that they should hold onto their oar if in reach and hold onto the rope at the end of the canoe and swim it to shore or the instructor comes to assist.

(On extremely cold days send participant to dry to limit risk of hypothermia on hot day it is at the discretion of the leader if they continue the session.)

7. The group will then chose partners and wait for assistance to enter the canoes.
  - The Instructor will hold the canoe as they enter asking for the paddle to be placed in the canoe first the captain (the person steering the canoe) will sit in the back of the canoe.
  - The group will sit in the canoes in **Raft up** position while rafting up procedures and boundaries are explained.

**Raft Up** is when the canoes are in a line side to side usually facing the same direction, the participants will place their oar in the canoe beside them blade end down and hold on to the canoe beside them without getting thumbs squashed between the canoes.

8. The Instructor will push out each canoe individually and monitor the group for either a free session or for some structured games or activities.
9. Upon finishing, participants must return to launching point to disembark. Instructor/Leader must secure canoe as participants leave canoe by sitting on the end when the canoe has banked.
10. After the completion of the activity, canoes are to be removed from the water and placed on a suitable angle to drain.
11. After drainage, canoes are to be returned to the rack provided.
12. Paddles and PFD's are to be returned. If PFD's are wet, they need to be hung out to dry.

## **SAFETY GUIDELINES**

- PFD's are to be worn by all participating in this activity.
- Only two people are to be in a canoe at a time.
- Participants are to get in and out of canoes at launching point only.
- If paddles are dropped in the water, they must be retrieved quickly before sinking.
- Participants are not to dive or jump out of canoes.
- Please note that if there is any damage to canoes or if any paddles are lost, groups will incur a cost.
- Life buoys are located at the jetty, along with safety signage.

**TIME TO ALLOW FOR THIS ACTIVITY:-** At least 40mins to an hour

### **LOCATION**

Canoeing is located at the main lake down by the playground.

### **AGE SUITABILITY**

This activity is suitable for a wide range of ages, however, we recommended that participant's eight years and under be accompanied by an adult in the canoe.

### **RATIO**

1:12 It is recommended that there is one Instructor/Leader per twelve participants.

### **INSTRUCTOR EXPERIENCE**

Instructors should be able to teach the basic strokes and be aware of relevant safety issues associated with canoeing.

- These are set out in the Department of Education, Victoria "Safety in Outdoor Education Manual"

At least one Instructor is to be qualified in life saving and resuscitation methods (St. Johns First Aid Certificate, AustSwim teacher of Swimming Certificate or R.L.S.S.A. Bronze Medallion would satisfy this requirement.

### **ASSISTING LEADERS EXPERIENCE**

It is recommended that an assisting leader is used for this activity as it is a high-risk activity. If possible the assisting leader should have some water activity qualifications, although it is not essential.

### **PARTICIPANT'S EXPERIENCE**

No experience necessary.

### **INSTRUCTOR RESPONSIBILITY**

The Instructor is responsible for camper supervision and behaviour at all times. This includes:-  
The supervision and behaviour of campers at the activity and to and from the activity. The Instructor is also responsible for: ensuring that all life jackets are put on correctly, assessing first aid requirements and identifying campers with asthma or other ailments; and ensuring that all the equipment is returned to its correct place at the end of the activity. The Instructor/Leader must inform the Assisting Leader of their role in the supervision of the activity, and to also brief them on the safety components of canoeing.

### **PARTICIPANT'S RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the Instructor. If any participant is found to be being irresponsible they should be taken out of the activity.

### **PARTICIPANT'S CLOTHING AND ACCESSORIES**

It is preferable that participants wear light clothing/bathers, sunscreen, and a hat.

### **FIRST AID REQUIREMENTS**

The Instructor is to be qualified in resuscitation.

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.