ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 2

EO M326.02A – PADDLE A CANOE

Total Time: 165 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-703/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TPs 1–3, and TP 6 to orient the cadet, generate interest and present basic or background material on canoeing, canoeing equipment, and safety procedures.

Demonstration and performance was chosen for TPs 4, 5, and 9 as it allows the instructor to explain and demonstrate portaging a canoe, outfitting a canoe, and basic canoe strokes while providing an opportunity for the cadet to practice these skills under supervision.

Demonstration was chosen for TPs 7 and 8 as it allows the instructor to explain and demonstrate launching/landing and the canoe over canoe assisted rescue in a controlled environment.

A practical activity was chosen for TP 10 as it is an interactive way for the cadet to experience paddling a canoe in a safe, controlled environment during an expedition. The expedition contributes to the development of canoeing knowledge and skills in a fun and challenging setting on-water.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have identified the parts of the canoe and the paddle; demonstrated how to: properly outfit a canoe with safety equipment, prepare for on-water activities and launch and land a canoe; performed a canoe over canoe assisted rescue; and performed basic canoe strokes.

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IMPORTANCE

It is important for cadets to know the parts of the canoe and paddle, so they can respond to direction given by instructor when participating in canoeing activities. To ensure safety of individual cadets and those around them when canoeing it is critical that all cadets: understand how to outfit a canoe with the required safety equipment; know how to communicate with paddle and whistle signals; know how to properly fit a Personal Floatation Device (PFD); understand portaging, launching and loading procedures; have an awareness of emergency rescue procedures; and are able to manoeuvre their canoe on water.

Teaching point 1 **Identify the Parts of a Canoe**

Time: 5 min Method: Interactive Lecture



It is important that cadets can see the canoe and its parts. A canoe should be on site and as the parts are identified, the instructor or an assistant should point to the respective part.

There are many different styles of canoes. The technological improvements in canoe building have made it quite difficult to choose an ineffective canoe. Despite the advances in design, the basic elements of the canoe remain the same. The parts of the canoe are:

Bow. The bow is the front section of the canoe. The bow can be easily spotted by looking at the seats. There is more leg room between the end of the canoe and the bow seat.

Stern. The stern is the back section of the canoe; most of the steering is done from the stern.

Gunwales. Gunwales are the upper edges of the sides of the canoe.

Thwart. The thwart on a canoe is a crosspiece which is attached on either side to the gunwales, two-thirds of the way back from the bow. The thwart provides structure and support to the gunwales and to the hull.

Hull. The hull is the body of the canoe which displaces water and provides the buoyancy for the canoe.

Keel. The keel is a narrow strip that runs along the centre of the bottom of the hull from bow to stern. The keel helps to provide better tracking (movement in a straight line) and stability; as well as providing a small barrier between the ground and the hull.

Bow Seat. The bow seat is located in the front (bow) of the canoe. It is further from the end of the canoe to provide leg room for the bow paddler.

Stern Seat. The stern seat is located in the back (stern) of the canoe. It is narrow and fastened to the gunwales closest to the rear of the canoe.

Bow Handle. The bow handle is a handhold at the bow, used for lifting and carrying. It is sometimes called the bow carrying thwart.

Stern Handle. The stern handle is a handhold at the stern, used for lifting and carrying. It is sometimes called the stern carrying thwart.

Deck Plate. The deck plate is a triangle piece of material that is fastened between the gunwales at both ends of the canoe. It is often called the bow deck and the stern deck. The deck plate provides a convenient handhold in the case of no bow or stern handle, as well as a place to attach a painter line.

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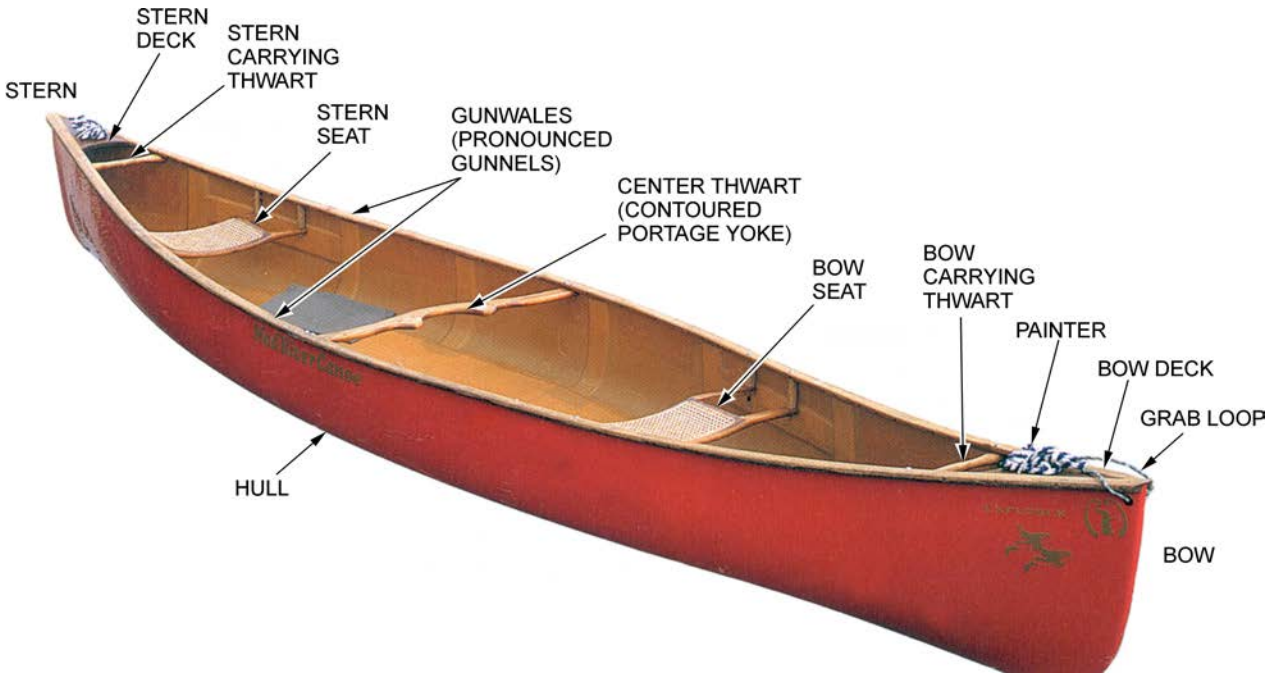

G. McGuffin & J. McGuffin, Paddle Your Own Canoe, The Boston Mills Press (p. 13)

Figure 1 Parts of the Canoe

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What are the front and back of the canoe called?

Q2. What is the hull?

Q3. Where is the keel?

ANTICIPATED ANSWERS

A1. The front and back of the canoe are called the bow and the stern.

A2. The hull is the body of the canoe which displaces water and provides the buoyancy for the canoe.

A3. The keel is at the bottom of the canoe, running from bow to stern.

Teaching point 2 **Discuss Paddles**

Time: 5 min Method: Interactive Lecture



Have a paddle available to help illustrate the parts.

The paddle is the most important piece of equipment required to canoe, with the exception of the canoe itself. The paddle provides the momentum to move the canoe.

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PARTS OF A PADDLE

Shaft. The shaft is the narrow neck of the paddle between the grip and the blade.

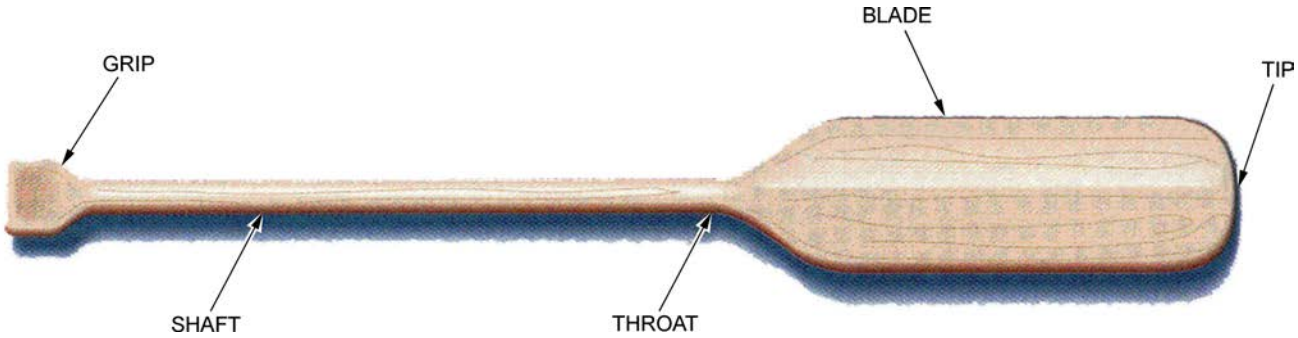
Grip. The grip is found at the top of the paddle shaft and is where the paddler holds the paddle.

Throat. The throat is located at the bottom of the shaft, where the paddler's shaft hand holds the paddle.

Blade. The blade is the part of the paddle that is placed in the water. The blade has two sides:

- **Power Face.** The power face is the side of the paddle blade that presses against the water during a forward stroke.
- **Back Face.** The back face is the side of the paddle blade that has no pressure against it during a forward stroke. The back face is the opposite side of the power face.

Tip. The tip is the very bottom edge of the paddle blade.



L. Guillon, Outdoor Pursuits Series: Canoeing, Human Kinetics Publishers (p. 21)

Figure 2 Parts of a Paddle

SIZING A PADDLE

When selecting a paddle, it is important to size it correctly. Torso length, canoe seat height and paddling style will determine the proper paddle length.

Most tandem paddlers will require a paddle length between 137 cm (54 inches) and 147 cm (58 inches). Shorter paddles allow for higher tempo strokes. If the grip hand is above the head during strokes, the paddle is too long.



Paddle length will differ with individual preference, based on comfort and efficiency.

When choosing a paddle from a group of paddles, there are two ways to size a paddle.

1. Hold the paddle in both hands over your head with one hand on the grip and the other on the shaft, close to the throat. With the paddle rested on the head, the arms should be able to bend comfortably at the elbow in a 90 degree bend.

2. Hold the paddle in one hand and rest the blade on the top of the foot. The grip should come to the chin.

HOLDING A PADDLE CORRECTLY

The paddle is held in both hands. One hand will hold the grip (control hand) and the second hand, called the shaft hand, will hold the paddle somewhere between the shaft and the throat of the paddle. If the paddler has shorter arms, the shaft hand will be higher up on the shaft.

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CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. Where does the paddler hold the paddle?

Q2. What is the shaft?

Q3. What are the two sides of the paddle blade?

ANTICIPATED ANSWERS

A1. The paddler holds the paddle at the grip and the throat of the shaft.

A2. The shaft is the narrow neck of the paddle between the grip and the blade.

A3. The two sides of the paddle blade are the power face and the back face.

Teaching point 3 **Discuss PFDs**

Time: 10 min Method: Interactive Lecture



Have a lifejacket and a PFD available to show the differences between each one to the cadets.

There are many people who use the water for both recreational activities and job-related duties. A lifejacket/PFD is used to assist in keeping a person afloat if they should fall into the water.



Government of Canada regulations state that anyone who is on and near the water, must have a Coast Guard/Transport Canada approved floatation device.

THE DIFFERENCE BETWEEN A LIFEJACKET AND A PFD

When in the water, a lifejacket is designed to keep the user's face up even if they are unconscious.

A PFD does not have the ability to turn the user face up but provides buoyancy (the ability to float without kicking or using arms).

Construction of a PFD

The Canadian Coast Guard regulates the construction of PFDs. When choosing a PFD, look for:

- Canadian Coast Guard/Transport Canada approved symbol;
- protection against hypothermia;
- allowance for maximum body movement;
- proper fit;
- ease of putting on and taking off; and

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- rating for the user's weight.

Care Instructions for a PFD

Caring for a PFD is important in order to prolong its life.

The following is a list of PFD don'ts:

- dry clean,
- alter, or repair a PFD,
- use cleaners,
- leave in the sun for long periods,
- leave near direct heat (fires, radiators, hair dryer),
- place under heavy objects,
- use as a cushion or kneeling pad, or
- attach to a boat.

Before using a PFD it should be checked for:

- rips and tears,
- damage to seams and buckles, straps or zippers, and
- signs of waterlogging, mildew or hardening of the buoyant material.

FITTING A PFD

Fit is the most important thing when selecting a PFD. A PFD should:

- not be able to be pulled off easily,
- fit snugly, and
- be properly fastened.



A PFD must always be worn on and near water, and worn as the top layer.



Refer to A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, for more information.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. What is the difference between a lifejacket and a PFD?

Q2. What is the approving body for PFDs and lifejackets in Canada?

Q3. How should a PFD fit?

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ANTICIPATED ANSWERS

A1. A lifejacket is designed to keep the user's face above water, while a PFD only provides buoyancy.

A2. Canadian Coast Guard/Transport Canada is the approving body for PFDs and lifejackets in Canada.

A3. A PFD should:

- not be able to be easily pulled off;
- fit snugly; and
- be properly fastened.

Teaching point 4 — **Explain, Demonstrate and Have the Cadet Practice Portaging a Canoe**

Time: 15 min — Method: Demonstration and Performance



For this TP, it is recommended that instruction take the following format:

(1) Explain and demonstrate each method of portaging while the cadets observe.

(2) Explain and demonstrate each step required to complete each method of portaging. Monitor the cadets as they practice each step.

(3) Monitor the cadets' performance as they practice each method of portaging.

Note: Assistant instructors may be used to monitor the cadets' performance.

CARRYING A CANOE TO THE WATER

Once a canoe is off the vehicle or trailer, it still needs to get to the water. There are several ways to carry a canoe; having one person at each end is a typical way. Hand and arm placement should allow for maximum comfort and provide balance and security against dropping.



It is critical that the canoe is not dragged along the ground. This damages the keel and the bottom of the canoe which may result in holes.

Tandem Hand Carry

For a short distance over relatively flat ground, a canoe can be carried much like a briefcase. This is referred to as the tandem hand carry.

To execute the tandem hand carry:

1. The bow paddler will stand at the bow on the left or right of the canoe.
2. The stern paddler will stand at the stern on the side opposite to the bow paddler.
3. Each paddler will lift the canoe by the handle at their end.

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L. Guillon, Outdoor Pursuits Series: Canoeing, Human Kinetics Publishers (p. 36)

Figure 3 Tandem Hand Carry

Tandem Portage Carry

For longer distances, a canoe can be carried on the shoulders in the tandem portage carry. The canoe is lifted over the head and carried in such a manner that the stern seat rests across the shoulders of the person at the rear and the bow deck rests on one shoulder of the person in front.

To execute the tandem portage carry:

1. Stand up straight, with the legs slightly apart and knees bent. Grasp the gunwale closest to the body, near the bow and stern seats respectively. Place the fingers inside the gunwale and the thumbs outside the gunwale.

2. Keeping the back straight and knees bent, lift the canoe to the thighs in a rocking motion.

3. Reach across the canoe and grasp the far gunwale. The fingers are pointing out and the thumb is in. Re-position the hand from step one so that the fingers are out and the thumb is in.

4. Rocking the canoe again, use your legs to launch and lift the canoe over the head.

5. As the canoe is raised, turn to face the bow and then guide the bow and stern seats onto the shoulders.

6. Rest the weight of the canoe on the shoulders. The bow person will move further forward to improve visibility.

7. To move forward, the bow paddler hand-walks along the gunwale toward the front of the canoe. Balance the canoe's weight side to side and bow to stern.

8. Rest the deck plate on the bow paddler's shoulder.

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A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 136)A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 136)

Figure 4 (Sheet 1 of 2) Tandem Portage Carry Steps 1–8

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Figure 4 (Sheet 2 of 2) Tandem Portage Carry Steps 1–8

CONFIRMATION OF TEACHING POINT 4

QUESTIONS

Q1. Why does dropping a canoe normally occur?

Q2. What are the different ways a canoe can be carried to the water?

Q3. When the portage is very long, what is the best way of carrying the canoe?

ANTICIPATED ANSWERS

A1. Dropping a canoe is usually caused by incorrect placement of the hands.

A2. A canoe can be carried to the water by the tandem hand carry or the tandem portage carry.

A3. When a portage is very long, the best way to carry the canoe is by the tandem portage carry.

Teaching point 5 — **Explain, Demonstrate and Have the Cadet Practice Outfitting a Canoe With Safety Equipment**

Time: 15 min — Method: Demonstration and Performance



For this skill TP, it is recommended that the instruction take the following format:

(1) Explain and demonstrate the complete process of outfitting a canoe while the cadets observe.

(2) Explain and demonstrate each step to outfit a canoe. Monitor the cadets as they practice each step.

(3) Monitor the cadets' performance as they practice the complete skill of outfitting a canoe.

Note: Assistant instructors may be used to monitor the cadets' performance.

Every boat that enters the water has to be outfitted with certain safety equipment that is required by law. The Canadian Coast Guard and Transport Canada deem every canoe must have the following safety equipment:

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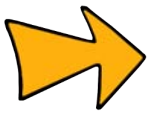
BUOYANT HEAVING LINE OR THROW BAG

One buoyant heaving line not less than 15 m (49 ft) in length must be available for use in emergencies such as capsized paddlers. The heaving line shall be capable of floating and shall be attached using a figure-of-eight knot, or by clipping the throw bag to the thwart or bow handle.



A throw bag is a nylon rescue bag with a length of rope stuffed loosely inside, so it can pay out through the top when thrown to a person in the water.

BAILER

A bailer is any container capable of removing water from a canoe. It must be made of plastic or metal, with an opening of 65 cm^2 (25 in^2) and a minimum volume of 750 mL (25 oz). The bailer will be attached to the thwart of the canoe using a clove hitch.

SPARE PADDLE

In addition to the paddles used by the paddlers, a third paddle is required in the case that one is lost, broken or forgotten on shore. The spare paddle should be secured, but immediately available in an emergency. Lashing the paddle into the canoe is not recommended.

WHISTLE

A pealess whistle or noise-making device is required to communicate with other paddlers and signal in case of emergency. The whistle is often attached to the paddler's PFD, if not, it should be worn on a cord around the paddler's neck.

WHITE NAVIGATION LIGHT

The white navigation light is a watertight flashlight complete with working batteries. This light can be used to signal other paddlers and during an emergency. It is attached to the bow plate using a carabiner or a piece of cordage.



The cadets are to be introduced to the requirement for a white navigation light as safety equipment, however, as cadets will not canoe at night, there is no requirement to use this device when outfitting a canoe.

PAINTER LINES

Painter lines are two lines 6 m (19 feet) in length made of 10 mm (0.3 inches) buoyant polypropylene rope, with no knots. The lines are attached to the bow (bow line) and stern (stern line) of a canoe. They are used for pulling the canoe through shallow water and securing it to the shoreline or other stationary object. Painter lines will be attached to the bow and stern handles using a re-woven figure-of-eight knot.

PFD

A vest style jacket filled with foam panels or tubes that provide buoyancy. A PFD must be worn when an individual is within 3 m (10 feet) or less of the shoreline, prior to or upon completion of an on-water activity and when they are on the water. It is important to ensure that the PFD is properly zipped and buckled prior to moving to the waters edge.

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The A-CR-CCP-930/AG-001, states “PFDs shall be worn by all personnel while canoeing. While on the water, the PFD may be removed to adjust clothing as long as the canoes are in a controlled position (rafted up) and under supervision of an instructor. Additional equipment (e.g. raingear, windbreaker, survival kit, rash guard) shall not be placed over the top of the PFD for MW activities."

CONFIRMATION OF TEACHING POINT 5

The cadets’ participation in outfitting a canoe with safety equipment will serve as the confirmation of this TP.

Teaching point 6 **Discuss Safety Concerns While Canoeing**

Time: 10 min Method: Interactive Lecture



When completing any cadet training, safety is always the main concern. This is also the case when cadets are in an unknown area or unfamiliar terrain, such as a body of water. It is important to consider hazards and to get to know the strengths and limitations of the members of the group.

Discuss responsibilities on water and passing procedures.

UNDERSTAND PERSONAL RESPONSIBILITIES

Skill Level

It is the responsibility of the paddler to ensure that they have the proper skill set for paddling. Participants should always advise staff when they feel uncomfortable or unprepared for any aspect of canoe training.

Physical Fitness

Fitness and well-being are an important part of canoeing. Individuals must take responsibility for themselves. Every paddler must make sure they are physically and mentally prepared for paddling.

Physical preparedness includes having the endurance to be able to paddle the entire trip. The paddler should not be suffering from a cold or illness, and should not have any physical injuries, such as cramped or sore muscles.

IDENTIFY PADDLE SIGNALS



When explaining paddle signals, it is important for cadets to see the signal in action. Demonstrate all paddle signals.

The water can be a noisy place. Using a whistle, paddle or gestures are the best ways of getting the attention of other paddlers.

Before heading out on any body of water, it is important to know and understand universal paddle signals. Paddle signals are important in times when there is distance between canoes and it is difficult to hear. Good communication on the water is essential to prevent accidents and ensure swift emergency response.

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When receiving a signal, it is important to repeat the signal to the sender and pass the signal on to paddlers behind.

Paddle signals are used to alert the entire group to the direction of travel or to an unexpected situation, such as an overturned canoe.

Stop. To communicate the stop signal, form a horizontal bar with the paddle and move with an up and down motion until remaining paddlers see it. If you are already stationary, stay where you are. Wait for the all clear signal before proceeding.



J. Rounds, Basic Kayaking: All the Skills and Gear You Need to Get Started, Stackpole Books (p. 83)

Figure 5 Stop

Paddle signals should be given to indicate the direction of travel; not the location of the obstacles.

Help Required/Emergency. To communicate the help required/emergency signal, a paddle, helmet or a bright object (not a PFD) are waved in a continuous motion side to side above the head. This means “assist the signaller as quickly as possible”.

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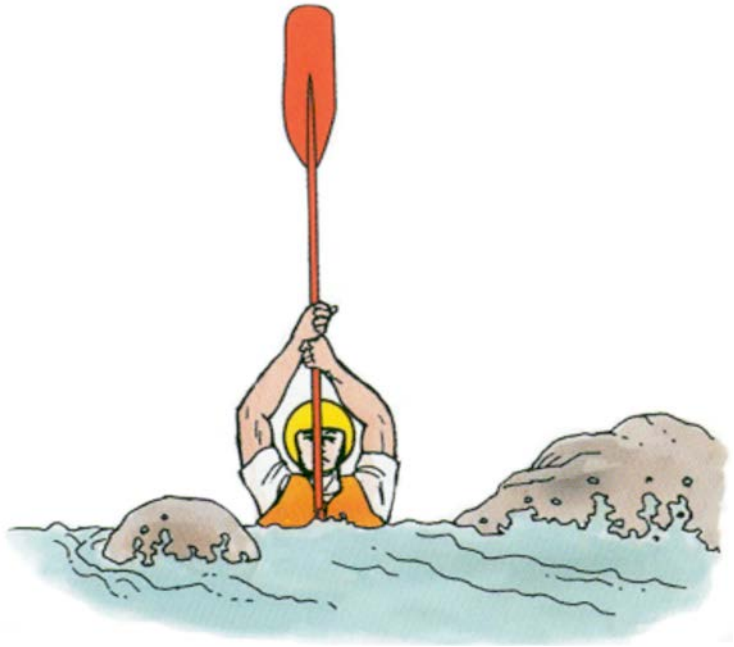
J. Rounds, Basic Kayaking: All the Skills and Gear You Need to Get Started, Stackpole Books (p. 83)

Figure 6 Emergency

Raft Up. To communicate the raft up signal, raise the paddle vertically above the head and move in a circular motion. This signal means “come to me”.

All Clear. To communicate the all clear signal, extend the paddle over the head vertically. Maintain the paddle in the air in order to ensure that all members of the group have seen the signal. This signal is used when it is safe to continue on and indicates that there are no obstructions or danger ahead.



J. Rounds, Basic Kayaking: All the Skills and Gear You Need to Get Started, Stackpole Books (p. 83)

Figure 7 All Clear

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IDENTIFY WHISTLE SIGNALS

When explaining whistle signals, it is important for cadets to hear the signal in action. Demonstrate all whistle signals.

A whistle is an effective way to get the attention of other paddlers when visibility is limited and there is a lot of noise. Before heading out on any body of water, it is important to know and understand universal whistle signals. Good communication on the water is essential to prevent accidents and ensure swift emergency response.

Cadets shall be reminded that they will not play with or blow whistles unless they are in an emergency situation.

Universal Distress Signal. Three whistle blasts indicate that there is an emergency. All action should stop, and action should be taken for the emergency. This signal means: assist the signaller as quickly as possible.



J. Rounds, Basic Kayaking: All the Skills and Gear You Need to Get Started, Stackpole Books (p. 83)

Figure 8 Universal Distress Signal

Move to Shore/Raft Up. This signal indicates that there is a need for the group to get together. When two whistle blasts are heard, all personnel will look to the instructor or group leader for instructions and guidance on where to meet up, whether to move to the shore or to raft up at a given point. It should only be used when other forms of communication are not working.

All Clear/Look at Me. When one whistle blast is heard, focus attention on the instructor (look at me). It is used to get the attention of the group. This signal could also mean all clear.

As there are alternative meanings for one and two whistle blasts, it is imperative that the group understands what the signal means for their group. The team/group leader will specify before moving to the water.

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Any series of three signals such as three whistle blasts or three horn blasts indicates an emergency. Immediately stop all activity and assist.

CONFIRMATION OF TEACHING POINT 6

QUESTIONS

Q1. What are the personal responsibilities of the paddler when canoeing?

Q2. What is the paddle signal for raft up?

Q3. What action is to be taken when two whistle blasts are heard?

ANTICIPATED ANSWERS

A1. The personal responsibilities of the paddler include:

- making sure they are physically prepared; and
- ensuring that they have the proper skill set.

A2. To signal raft up, the paddler will raise their paddle vertically above the head and move it in a circular motion.

A3. When two whistle blasts are heard, all personnel will look to the instructor or group leader for instructions or guidance on where to meet up.

Teaching point 7 **Explain and Demonstrate Launching and Landing a Canoe**

Time: 10 min Method: Demonstration



For this teaching point, it is recommended that instruction take the following format:

(1) Explain and demonstrate launching and landing a canoe while the cadets observe.

(2) Explain and demonstrate each step required to complete the skill.

Note: Cadets will be given the opportunity to practice this skill during the on-water training and the practical activity.

IDENTIFYING A LOCATION

Putting a canoe on water and taking it out of water should be done carefully, smoothly and without damage to the canoe.

The ideal location to launch a canoe is a soft shore or beach where the water is calm. Avoid locations where there are large rocks, stumps and roots, strong wind or large waves.

If you are launching from a shallow beach, launch the canoe at a right angle to the beach and hold it with its stern touching the bottom at the water's edge.

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AVOIDING EQUIPMENT DAMAGE

A canoe should not be pushed, pulled or slid in or out of the water on a beach, bank, or dock. When launching, it is best to lay the canoe in the water from a lift position. It should be raised with the same care when being taken out of the water.

The canoe should be empty when launching. Once the canoe is placed on the water, it can be loaded with equipment while it is floating.

ENTERING A CANOE

Getting into a canoe for the first time is difficult; with practice, it will become easier. The stern paddler should always hold the canoe steady while the bow paddler enters. Likewise, once the bow paddler has entered the canoe, they will steady the canoe, using their paddle and body, while the stern paddler enters.

The steps for getting into a canoe are:

1. Keep the body low at all times, to lower the centre of gravity; never stand in a canoe.
2. Place the paddle shaft across the gunwales for stability.
3. Grasp both gunwales and step into the canoe over the centreline.
4. Step along the centreline and slide the hands and paddle along the gunwales to move to the seat.

LAUNCHING A CANOE

Launching at a Shoreline



Launching and landing a canoe in waves is inadvisable. Wait for a lull and keep the canoe at a right angle to the water.

If the canoe swamps at any time, avoid getting between the canoe and the shore. A canoe full of water weighs approximately 1 ton (1 000 kg) and can seriously injure a paddler.

There are several ways to launch a canoe from shore. The most common is the bow first launch:

Procedure for the bow first launch:

1. Put on a PFD and have paddles in the canoe or on the shoreline. Set the canoe at a right angle to the shore.

2. Place the spare paddle and stern paddle in the centre of the canoe. Have the stern paddler hold the canoe while the bow paddler walks up the length of the canoe keeping low, along the centreline. Stability is maintained by keeping the paddle shaft across the gunwales.

3. Have the bow paddler sit or kneel and place the paddle in the ready position as detailed in Figure 9. The stern paddler will hold the paddle shaft across the gunwales for stability.

4. Have the stern paddler slide their paddle forward along the gunwales, continuing to hold both paddle shaft and gunwales. The blade is positioned on the side opposite to the bow paddlers' paddling side.

5. Once the stern paddler is kneeling and in the ready position move the canoe away from the shore.

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G. McGuffin & J. McGuffin, Paddle Your Own Canoe, The Boston Mills Press (p. 36)

Figure 9 Bow First Launch

On windy days, the canoe should be faced directly into the wind when launching.

Launching at a Dock

Procedure for a dock launch:

1. Put on a PFD and have paddles in the canoe or on the dock. Pick the canoe up in the middle and lower it hand-over-hand into the water perpendicular to the dock.

2. Place the spare paddle in the centre of the canoe. Have the stern paddler swing the canoe parallel to the dock (bow facing into the wind if any). The bow has more buoyancy, so have the bow paddler get in first while the stern paddler steadies the canoe.

3. From a crouched position on the dock, have the stern paddler steady the bow end by holding the paddle shaft across the gunwales, with the blade extended toward the paddling side. Have the bow paddler step in, keeping low and over the centreline.

4. Have the bow paddler kneel, holding their paddle in the ready position as detailed in Figure 9. The stern paddler will steady the canoe by positioning their paddle across the gunwales. With the blade on the paddling side and still holding the dock, step in keeping weight low and balance over the centreline.

5. When the stern paddler is in the ready position, move the canoe away from the dock.

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G. McGuffin & J. McGuffin, Paddle Your Own Canoe, The Boston Mills Press (p. 35)

Figure 10 Dock Launch

LANDING A CANOE

Landing at a Shoreline

When a suitable location to exit the canoe is found, the following procedure shall be followed:

1. Bring the canoe into landing without running up on shore.
2. Have the bow paddler exit first to steady the canoe for the stern paddler.
3. Have the stern paddler move forward, keeping their weight low in the canoe.
4. Have the stern paddler exit at the bow.

Landing at a Dock

1. Bring the canoe into landing without running into the dock.
2. Have the stern paddler hold the dock and steady the canoe while the bow paddler exits the canoe.
3. From a crouched position on the dock, have the bow paddler hold the canoe steady next to the dock for the stern paddler.
4. Have the stern paddler exit the canoe by keeping low and stepping to the dock.

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EXITING A CANOE

To exit the canoe, reverse the entry procedures:

1. Bring the canoe into the landing slowly and carefully.
2. Keep the body low at all times, lowering the centre of gravity.
3. Place the paddle shaft across the gunwales for stability.
4. Grasp both gunwales and the paddle shaft, and move to the bow of the canoe.
5. Step out of the canoe, keeping weight low.

CONFIRMATION OF TEACHING POINT 7

QUESTIONS

Q1. When launching from shore, which paddler is first to enter the canoe?

Q2. How is a canoe launched in the wind?

Q3. How is a canoe brought to the dock for landing?

ANTICIPATED ANSWERS

A1. When launching from shore, the bow paddler is the first to enter the canoe.

A2. On windy days, the canoe should be launched directly into the wind.

A3. The canoe is brought to the dock for landing carefully without running into the dock to avoid damaging the canoe.

Teaching point 8 **Explain and Demonstrate Action on Capsizing**

Time: 15 min Method: Demonstration



For this skill TP, it is recommended that instruction take the following format:

(1) Discuss the process a rescuer will follow in the event that a canoe has capsized, including the responsibilities of the cadet and what the rescuer will and will not do to assist them.

(2) Explain and demonstrate the canoe over canoe assisted rescue while the cadets observe.

(3) Explain and demonstrate the steps required to complete a canoe over canoe assisted rescue.

Note: Cadets will be given the opportunity to practice this skill during the on-water training and the practical activity.

Although strong rescue skills are important, preventing rescues by making careful, informed decisions will reduce the chances of capsizing. Anticipating changes in weather, actions of other paddlers and being properly trained will aid in the prevention of accidents.

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RESCUE PRIORITIES



The priority of rescue is listed below, but rescuers will only initiate rescue if it is safe to do so without harm to themselves.

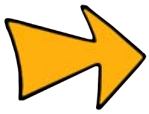
When carrying out rescues, it is imperative that every individual involved be aware of the priorities of rescue. The rescue priorities are:

Rescuer. Rescuer safety is priority. The rescuer should not complete any part of the rescue that is beyond the scope of the rescuer's ability. Another casualty will only escalate the emergency.

People. The paddler(s) in the water. Each paddler will make sure they are okay, and that their partner is okay. If they cannot see their partner, they must establish voice contact to confirm that their partner is conscious, not seriously injured and is preparing to self-rescue.

Canoes. Canoes will be retrieved once all the paddlers in the water are safe.

Equipment. Equipment is the last thing to be retrieved as it is not essential. Clothing and food can be shared if need be.



If involved in a high risk rescue, the rescuer or rescue team should be prepared and trained to perform effectively and efficiently and follow the procedures.



Cold water and wind will accelerate the loss of body heat. People can become hypothermic very quickly, even in warm weather.

TANDEM CANOE OVER CANOE ASSISTED RESCUE

The canoe over canoe assisted rescue is the universal rescue means.



The figures below depict two solo paddlers completing a canoe over canoe assisted rescue. The procedure is virtually the same as a tandem rescue with only minor adjustments, which are detailed in the numbered procedure. Use the figures as a guideline.

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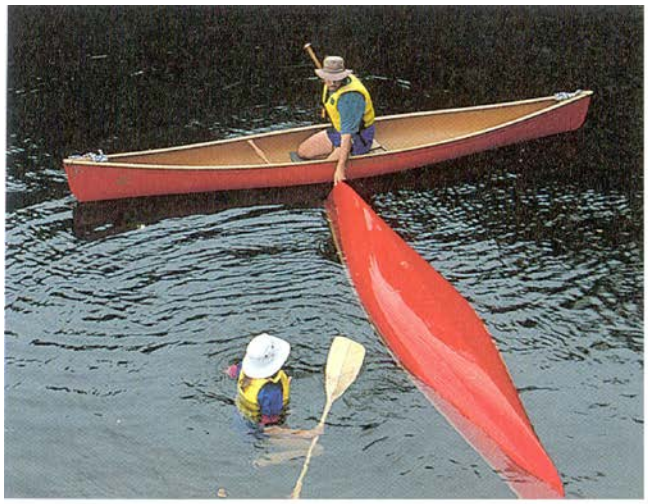
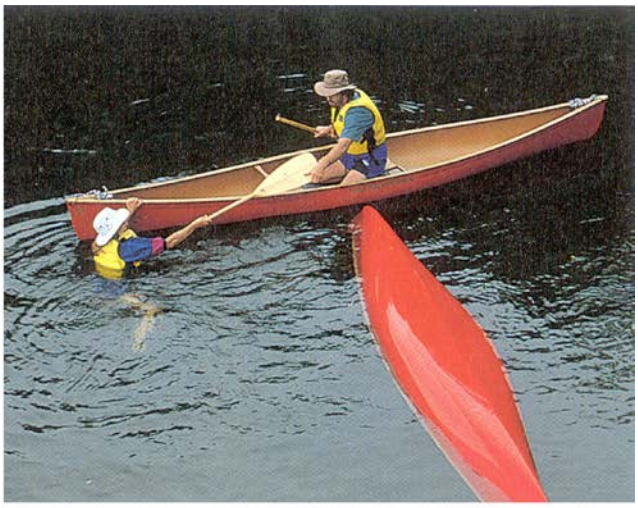


STEP 1



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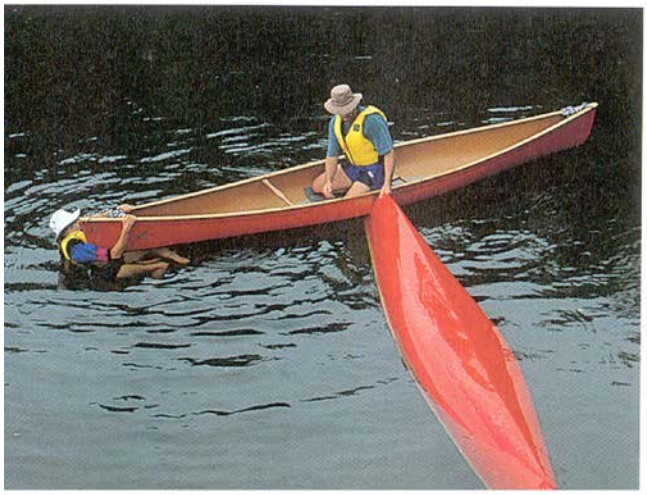

STEP 3



STEP 4

G. McGuffin & J. McGuffin, Paddle Your Own Canoe, The Boston Mills Press (p. 36)G. McGuffin & J. McGuffin, Paddle Your Own Canoe, The Boston Mills Press (p. 36)

Figure 11 (Sheet 1 of 2) Tandem Canoe Over Canoe Assisted Rescue

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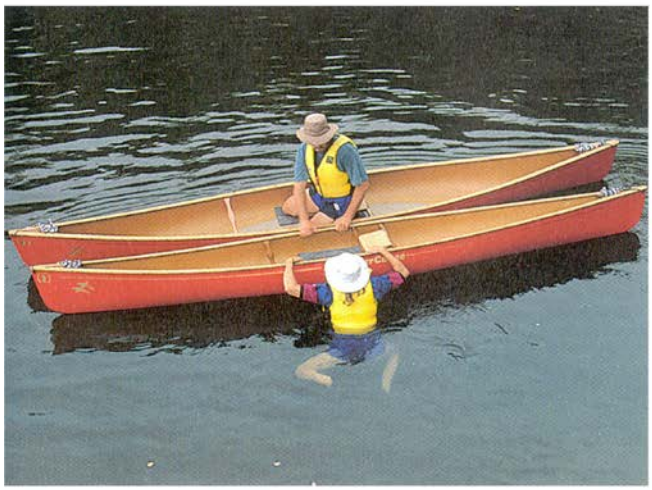
STEP 5



STEP 6



STEP 7



STEP 8

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Figure 11 (Sheet 2 of 2) Tandem Canoe Over Canoe Assisted Rescue

The procedure to follow in a tandem canoe over canoe assisted rescue is:

1. One paddler will swim to the stern of a rescue canoe, hang on and get as much of the body out of the water as possible.

2. The second paddler will swim to the far end of the canoe.

3. The rescuers will lift up on the capsized canoe as the second paddler pushes down on the opposite end of the canoe to break the suction.

4. The second paddler will then move to the bow of the rescue canoe, hang on and get as much of the body out of the water as possible.

5. Both paddlers will remain in that position until told to move by the rescuers. The rescuers will move the canoe across the gunwales of their canoe. Once it is centred they will flip it over and gently continue to slide it into the water.

6. Maintain communication and when instructed to do so the paddlers will, one at a time, get back into the canoe by one of two ways:

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a. hook one leg over each canoe and pull up out of the water and climb into the canoe; or

b. propel themselves upward by scissor kicking, tucking the shoulder in and rolling into the canoe.

7. Return to the paddling position.

CONFIRMATION OF TEACHING POINT 8

QUESTIONS

Q1. What are the rescue priorities?

Q2. When shall the rescuer stop a rescue?

Q3. What are the two methods which can be used to re-enter a canoe after a capsizing?

ANTICIPATED ANSWERS

A1. The rescue priorities are rescuers, people, canoes and equipment.

A2. The rescuer shall stop a rescue when they are in danger themselves, or the rescue is beyond their scope of knowledge.

A3. The two methods a paddler can use to re-enter a canoe after a capsizing are:

- hook one leg over each canoe and pull up out of the water and climb into the canoe; or
- propel themselves upward by scissor kicking, tucking the shoulder in and rolling into the canoe.

Teaching point 9 **Explain, Demonstrate and Have the Cadet Practice Strokes**

Time: 35 min Method: Demonstration and Performance



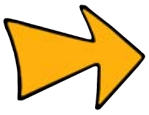
For this skill lesson, it is recommended that instruction take the following format:

(1) Explain and demonstrate each stroke while the cadets observe.

(2) Explain and demonstrate each step required to complete each stroke. Monitor the cadets as they practice each step.

(3) Monitor the cadets' performance as they practice each stroke.

Note: Time devoted to practice during this TP will be limited due to time constraints, however, cadets will be provided additional time to practice individual strokes during the practical activity.



Kneeling is the position of choice for paddling because it provides increased canoe stability. When a person kneels, their centre of gravity is lowered. To give sore knees a break, a paddler can sit on the seat.

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There are four phases of a stroke that help ensure the transition between each stroke is natural and smooth.

Catch. The beginning of the stroke where the blade is inserted into the water. **Power.** The movement of the paddle through the water by rotating the torso to transmit power to the blade. When paddling, it is important to use the muscles of the torso, which have more strength and endurance than the arm muscles.

Exit. When the paddle leaves the water.

Recovery. When the paddle is returned to the catch position. This is completed by feathering the blade (keeping it flat and just above the water surface) to minimize wind resistance.



The stern paddler will control the direction of the canoe using corrective strokes where applicable. The bow paddler will complete mostly power strokes when canoeing, unless the stern paddler requires assistance with corrective strokes.

POWER STROKE

The power stroke is used to move the canoe forward. It is the foundation stroke on which most other strokes are built. The power stroke is made close to the side of the canoe and parallel to the keel, with the shaft of the paddle moving in a vertical or near-vertical plane. To complete the power stroke:

1. Rotate the torso forward toward the bow to engage the muscles for the stroke.

2. Place the blade deep into the water with as little splash as possible.

3. Unwind the torso while pulling on the shaft hand (lower hand) and pushing with the control hand (upper hand).

4. Power the stroke through the water until the blade of the paddle is in line with the knee.

5. Lift the paddle out of the water by slicing it out to the side.

6. Recover the stroke with the blade clear and flat across of the water (to reduce wind resistance) and complete another stroke.

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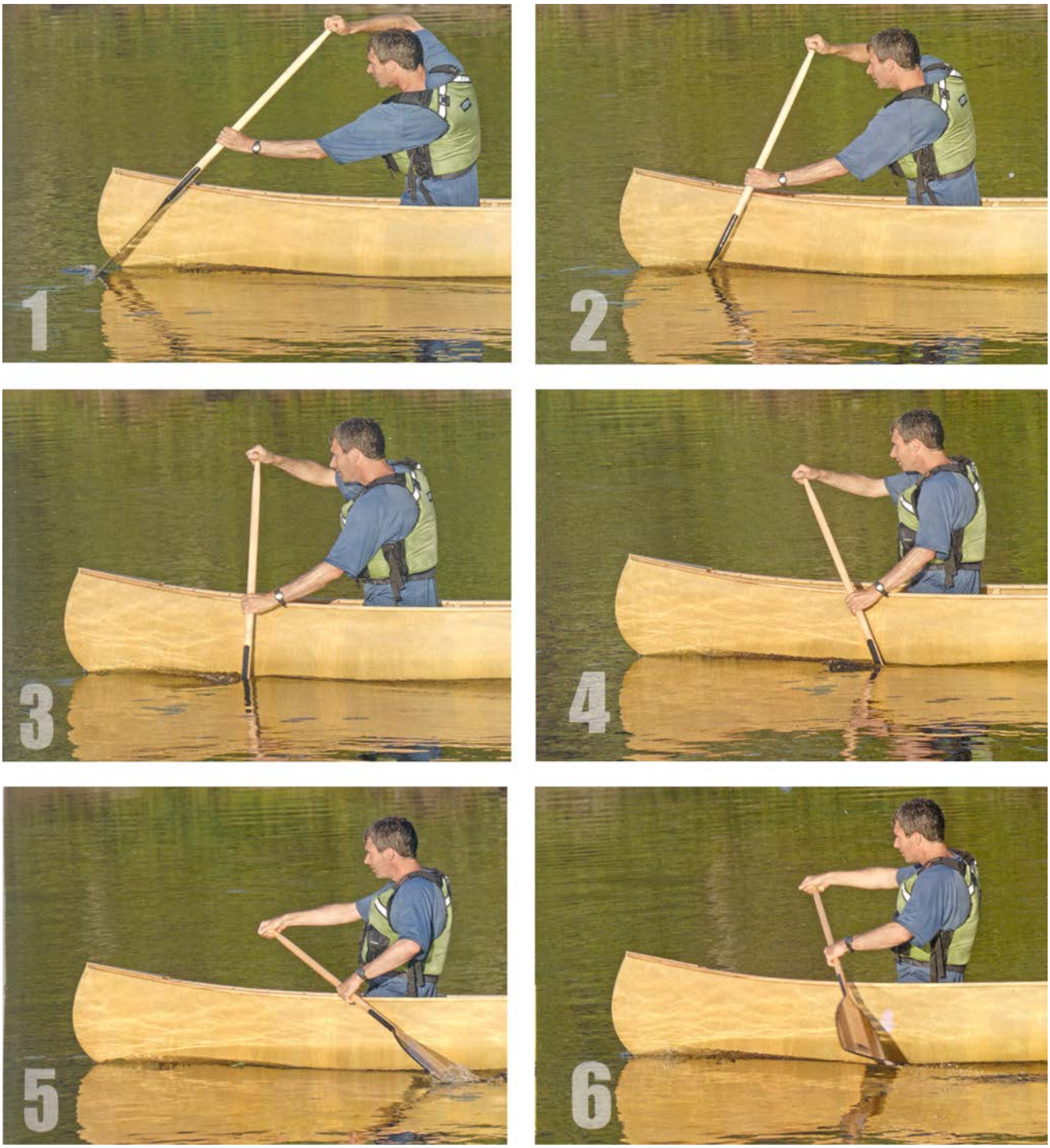

A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 71)

Figure 12 Power Stroke

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J-STROKE



Watch for ruddering as the cadets' practice the J-stroke. Ruddering is when the stern paddler places their paddle in the water behind the hip and manoeuvres it back and forth to turn the canoe. This will create drag and slow the forward momentum of the canoe.

The J-stroke is a version of the power stroke used as a corrective stroke by the stern paddler to help keep the canoe travelling in a straight line. When applied with force, it can be used to turn the canoe to the stern paddler's side (the side they are paddling on). To complete the J-stroke:

1. Complete the first four steps of the power stroke, ending with the control hand above the gunwale and the shaft hand at the hip.

2. Twist the control hand thumb forward and down while pulling the shaft hand inward, forming a "J".

3. Recover to complete another stroke.



A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 74 and p. 75)

Figure 13 J-Stroke

FORWARD SWEEP

The purpose of the forward sweep is to turn the canoe away from the canoeist's paddling side. It is a wide sweep of the paddle, using the power face of the blade. There are many occasions when this stroke would be used, such as:

- swinging the canoe for pivot turns or partial turns;
- manoeuvring the canoe around obstacles;
- following along the bends of streams or rivers;

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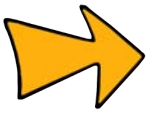
- making sudden changes of direction in paddling;
- aiding in holding a straight course in crosswinds; and
- incorporating with other strokes as necessary to control the canoe.



Reverse sweeps use the back face of the blade and are the opposite of forward sweeps. Both sweeps have many of the same functions.

As the bow paddler, to complete the forward sweep:

1. Rotate the torso and bend forward slightly while immersing the blade of the paddle almost horizontally by the bow of the canoe.

2. Push the shaft hand out slightly from the waist while swinging in a 90 degree arc until the arm extends out from the hip (the paddle should be at a right angle to the side of the canoe).

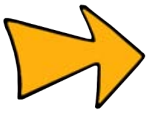
3. Recover to complete another stroke.

As the stern paddler, to complete the forward sweep:

1. Lean back slightly as the upper body rotates while extending and immersing the paddle almost horizontally at a right angle to the side of the canoe at the hip, keeping the lower hand at waist height with the thumb pointing up.

2. Push out slightly with the shaft hand while swinging in a 90 degree arc (the paddle should be almost touching the stern).

3. Recover to complete another stroke.



When the bow paddler is completing a forward sweep, the stroke should never move past the paddler’s body. Any further movement will result in drag and loss of momentum.

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STEP 1



STEP 2



STEP 3

G. McGuffin & J. McGuffin, Paddle Your Own Canoe, The Boston Mills Press (p. 51)

Figure 14 Forward Sweep

DRAW

The purpose of the draw is to turn the canoe or to move it sideways. The draw stroke can be completed by both the bow and stern paddler. To complete the draw stroke:

1. Rotate the torso and extend the arms fully to position the paddle at the side of the canoe, adjacent to the knee.

2. Reach across the canoe with the control hand and place the paddle vertically into the water.

3. Plant the blade deeply in the water and pull the power face toward the body.

4. Twist the control hand thumb away from the body and rotate the blade 90 degrees (before the blade hits the canoe).

5. Bring the paddle back to the beginning position by slicing it through the water.

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6. Twist the blade back into the original position to complete another stroke.



A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 95)

Figure 15 Draw

PRY

The pry is a powerful, deep-water stroke that can be applied by the bow or the stern paddler to move the canoe away from the paddler's side. To complete the pry stroke:

1. Place the paddle vertically against the gunwale adjacent to the knee with both hands above the gunwale.

2. Pull inward with the control hand to force the paddle away from the canoe.

3. Rotate the blade 90 degrees by twisting the thumb of the control hand away from the body and slicing the blade back to the beginning point.

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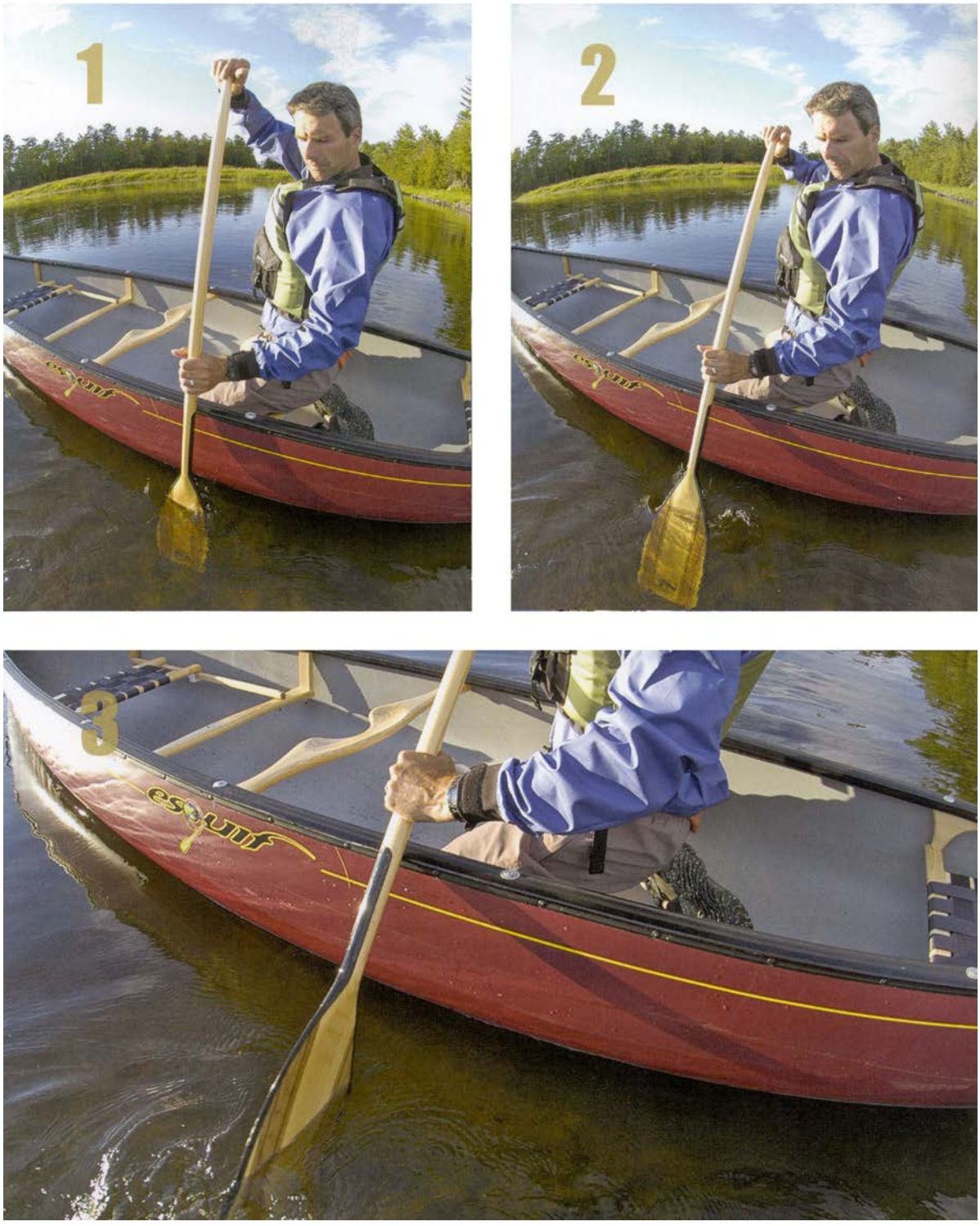

A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 96)

Figure 16 Pry

If the bow paddler completes a pry and the stern paddler completes a draw, the canoe will move sideways. This combination of strokes could be useful if trying to move a canoe parallel to a dock or when rafting up.

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LOW BRACE

The low brace will assist in righting a canoe from capsizing or if it begins to tip. This stroke will also help a paddler rely on the paddle to steady the canoe as well as lean into turns. It can also be used by the stern paddler to steady the canoe when the bow paddler is initiating a turn. To complete a low brace:

1. Twist the upper body to face the water, with the paddle out at a 90 degree angle to the canoe.
2. Smack the water with the flat backside of the paddle to provide support to balance the body in the canoe.
3. Begin to get the knees level in the canoe by dropping the head towards the shaft of the paddle.
4. Assume a stable posture with the head centred inside the canoe once the canoe has levelled.



A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 98 and p. 99)

Figure 17 Low Brace

JAM

The jam stroke will stop a canoe's forward momentum quickly when applied. To execute the jam, the paddler will shove the paddle into the water at a right angle to the canoe in a vertical position.

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BACKPADDLING

To go backward, the bow paddler can complete a reverse power stroke. If necessary, the stern paddler can do a pry in the beginning to steady the canoe. To backpaddle:

1. Lean slightly back, rotate the shoulders back and place the blade of the paddle vertically in the water at the rear of the canoe up to the throat.

2. Unwind the body while pushing forward with the shaft hand and pulling with the control hand.

3. Continue with the stroke until the shoulders are square with the gunwales.

4. Lift the blade out of the water and recover to complete another stroke.



A. Westwood, Canoeing: The Essential Skills and Safety, Heliconia Press (p. 98 and p. 99)

Figure 18 Backpaddling

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If both paddlers are backpaddling, the canoe will turn away from the bow paddler's side.

CONFIRMATION OF TEACHING POINT 9

The cadets' participation in practicing strokes will serve as the confirmation of this TP.

Teaching point 10 **Have the Cadet Practice Canoe Skills During an Expedition**

Time: 40 min Method: Practical Activity



The cadets shall receive feedback during and after the activity. Have each cadet perform the strokes individually. When completing strokes, watch closely for the following:

Power Stroke

The cadet shall lean forward, place the paddle vertically into the water up to the throat, rotate the torso while pulling on the shaft hand and pushing with the control hand until the paddle is just past the knee and in line with the hip, then slice the blade out of the water and then recover.

J-Stroke

The cadet shall lean forward, place the paddle vertically into the water up to the throat, rotate the torso while pulling on the shaft hand and pushing with the control hand, ending with the control hand above the gunwale and the shaft hand at the hip, twist the control hand thumb forward and down while pulling the shaft hand inward to form a "J", then slice the blade out the water and then recover.

Forward Sweep

The cadet shall lean back, extend and immerse the paddle from the hip so it is horizontally at a right angle to the side of the canoe, pushing out and pulling with the shaft hand, swing the paddle in a 90 degree arc to the stern of the canoe, then slice the blade out of the water and then recover.

Draw

The cadet shall rotate the torso and extend the arms fully to the side of the canoe, adjacent to the knee, reach across the canoe with the control hand, plant the paddle vertically into the water, pull the power face toward the canoe, twist the control hand thumb away from the body, rotate the blade 90 degrees just before it hits the canoe and then slice it through the water back to its original position.

Pry

The cadet shall place the paddle vertically against the gunwale adjacent to the knee with both hands above the gunwale, pull inward with the control hand to force the paddle away from the canoe, rotate the blade 90 degrees by twisting the thumb of the control hand away from the body and then slice the blade back to the beginning point.

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ACTIVITY

OBJECTIVE

The objective of this activity is for the cadets to participate in a practical expedition activity to practice canoe strokes in a controlled environment for an extended period of time.

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RESOURCES

- Canoe equipment, to include:
  - Tandem canoe (one per two cadets),
  - Paddle (three per canoe),
  - PFD (one per cadet),
  - Whistle (one per cadet),
  - Bailer (one per canoe),
  - Painter lines (two per canoe), and
  - 15 m buoyant heaving line or throw bag (one per canoe);
- Water carrier (one per cadet),
- Topographical map of the area (two per team/group),
- Compass (one per team/group),
- Communication device (two per team/group),
- GPS Receiver (one per team/group),
- Batteries (spares for communication device and GPS), and
- First aid kit (one per team/group).

ACTIVITY LAYOUT

- All canoes must be ready to launch.
- All canoes must be outfitted.
- Designated expedition canoe route.

ACTIVITY INSTRUCTIONS

1. Place cadets in canoe partners.

2. Assign a bow and stern paddler (groups will be required to switch half-way through the activity).

3. Allow each group of cadets to launch their canoe, one at a time.

4. Have the cadets practice strokes to paddle in a straight line, turn 180 degrees and stop for the first half of the designated route.

5. Have each group complete a canoe over canoe assisted rescue.

6. Have the cadets land their canoes, switch positions and launch again.

7. Have the cadets practice strokes to paddle in a straight line, turn 180 degrees and stop for the remaining portion of the route.

8. Have the cadets land their canoes and store equipment.

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When on the water, observe stroke technique and correct the cadets when necessary.

SAFETY

- All cadets must wear their PFDs at all times.
- The cadets must respect the pre-determined boundaries for this activity.
- Teams/groups will travel in single file.
- Teams/groups will not pass another team/group unless directed to do so by their team instructor.
- All the cadets must have at least 500 mL (16 oz) of water.

CONFIRMATION OF TEACHING POINT 10

The cadets' participation in the activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the practical expedition activity will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

This EO is assessed IAW A-CR-CCP-703/PG-001, Chapter 3, Annex B, Appendix 8 (326 PC).

CLOSING STATEMENT

Canoeing is one of three dynamic modes of transport that can be used during expedition training. It is critical that the cadets understand the importance of following canoe safety procedures while on the water. Being able to manoeuvre a canoe on an expedition will provide a great sense of freedom and accomplishment. While there are many different strokes cadets should know prior to setting out on a canoe trip, these strokes will take a long time to master but the more they are used, the more comfortable they will feel.

INSTRUCTOR NOTES/REMARKS

Expedition centres are required to select two dynamic modes of travel from EO M326.02a (Paddle a Canoe), EO M326.02b (Ride a Mountain Bike, Section 3), and EO M326.02c (Hike Along a Route, Section 4) to incorporate into their weekend training.

This EO has been allocated five and a half periods in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

Upon arrival at the expedition centre, cadets will be divided into teams/groups. These teams/groups will remain the same for the duration of the weekend.

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