EO M326.02A – PADDLE A CANOE

1. **Performance.** Paddle a Canoe.

2. **Conditions**

   a. Given:

      (1) Canoe equipment, to include:

         (a) tandem canoe,

         (b) paddle,

         (c) Personal Floatation Device (PFD),

         (d) whistle,

         (e) bailer,

         (f) painter lines, and

         (g) 15 m buoyant heaving line or throw bag;

      (2) Water carrier,

      (3) Topographical map of area,

      (4) Compass,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Expedition centre, on water and training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall paddle a tandem canoe on flat water, as part of an expedition, to include:

   a. identifying the parts of a canoe;

   b. identifying the parts of a paddle;

   c. identifying canoe safety equipment;

   d. outfitting a canoe;

   e. preparing for on-water activities, to include:

      (1) reviewing personal responsibilities, and

      (2) reviewing water communication signals, to include:

         (a) paddle signals, and

         (b) whistle signals;

   f. launching and landing the canoe;

   g. performing a canoe over canoe assisted rescue; and

   h. performing canoe strokes, to include:

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(1) power stroke,

(2) J-stroke,

(3) forward sweep,

(4) draw,

(5) pry,

(6) low brace,

(7) jam, and

(8) back-paddling.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Identify the parts of a canoe, to include: a. bow, b. stern, c. gunwales, d. thwart, e. hull, f. keel, g. bow seat, h. stern seat, i. bow handle, j. stern handle, and k. deck plate.	Interactive Lecture	5 min	C2-077 (pp. 8–9)
TP2	Discuss paddles, to include: a. identifying the parts of the paddle, to include: (1) shaft, (2) grip, (3) throat, (4) blade, to include: (a) power face, and (b) back face; (5) tip; b. sizing a paddle; and c. holding the paddle correctly.	Interactive Lecture	5 min	C2-076 (p. 21)

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TP	Description	Method	Time	Ref
TP3	Discuss PFDs, to include: a. the difference between a lifejacket and a PFD, to include: (1) construction of a PFD, and (2) care instructions; and b. fitting a PFD.	Interactive Lecture	10 min	A1-010 (p. 1-5, para 16–19)
TP4	Explain, demonstrate and have the cadet practice portaging a canoe, to include: a. tandem hand carry, and b. tandem portage carry.	Demonstration and Performance	15 min	C0-025 (pp. 45–46)
TP5	Explain, demonstrate and have the cadet practice outfitting a canoe with safety equipment, to include: a. 15 m buoyant heaving line or throw bag; b. bailer, c. spare paddle, d. whistle, e. white navigation light, f. painter lines, and g. PFD.	Demonstration and Performance	15 min	A2-001 (p. 3-3) C2-078 (pp. 104–105)
TP6	Discuss safety concerns while canoeing, to include: a. understanding personal responsibilities, to include: (1) skill level, and (2) physical fitness; b. identifying paddle signals, to include: (1) stop, (2) help required/emergency, (3) raft up, and (4) all clear; and c. identifying whistle signals, to include: (1) universal distress signal, (2) move to shore/raft up, and (3) all clear, look at me.	Interactive Lecture	10 min	C0-025 (p. 200)

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TP	Description	Method	Time	Ref
TP7	Explain and demonstrate launching and landing a canoe, to include: a. identifying a location; b. avoiding equipment damage; c. entering a canoe; d. launching a canoe, to include: (1) launching at a shoreline; and (2) launching at a dock; e. landing a canoe, to include: (1) landing at a shoreline; and (2) landing at a dock; and f. exiting a canoe.	Demonstration	10 min	C0-025 (p. 47) C2-112
TP8	Explain and demonstrate action on capsizing, to include: a. rescue priorities, to include: (1) rescuer, (2) people, (3) canoes, and (4) equipment; and b. canoe over canoe assisted rescue.	Demonstration	15 min	C0-025 (pp. 22–25) C2-076 (pp. 67–68)
TP9	Explain, demonstrate and have the cadets practice strokes, to include: a. power stroke, b. J-stroke, c. forward sweep, d. draw, e. pry, f. low brace, g. jam, and h. back-paddling.	Demonstration and Performance	35 min	C2-025 (pp. 53–55, p. 60, pp. 64–68, p.99) C2-076 (pp. 40–49, pp. 56–60) C2-106 (pp. 127–131)

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TP	Description	Method	Time	Ref
TP10	Have the cadet practice canoe skills during an expedition, to include: a. launching; b. landing; c. canoe over canoe assisted rescue; and d. strokes, to include: (1) power stroke, (2) J-stroke, (3) forward sweep, (4) draw, (5) pry, (6) low brace, (7) jam, and (8) back-paddling.	Practical Activity	40 min	

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	30 min
c.	Demonstration and Performance:	65 min
d.	Demonstration:	25 min
e.	Practical Activity:	40 min
f.	Total:	165 min

6. **Substantiation**

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

b. 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.

c. 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.

d. 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.

7. **References**

a. A1-010 A-CR-CCP-030/PT-001 Director Cadets 3. (2005). *Water Safety Orders*. Ottawa, ON: Department of National Defence.

b. A2-001 A-CR-CCP-951/PT-002 Director Cadets 4. (2006). *Royal Canadian Army Cadets Adventure Training Safety Standards*. Ottawa, ON: Department of National Defence.

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c. C0-025 (ISBN 1-895465-33-8) Gifford, D. (Ed.) (2000). *Canoeing Instructor's Resource Manual*. Merrickville, ON: Canadian Recreational Canoeing Association.

d. C2-076 (ISBN 0-87322-443-4) Gullion, L. (1994). *Outdoor Pursuits Series: Canoeing*. Champaign, IL: Human Kinetics Publishers.

e. C2-077 (ISBN 1-55013-654-2) Mason, B. (1995). *Path of the Paddle: An Illustrated Guide to the Art of Canoeing*. Toronto, ON: Key Porter Books Limited.

f. C2-078 (ISBN 1-55013-079-X) Mason, B. (1988). *Song of the Paddle: An Illustrated Guide to Wilderness Camping*. Toronto, ON: Key Porter Books Limited.

g. C2-106 (ISBN 0-900082-04-6) Rowe, R. (1997). *Canoeing Handbook*. Guildford, UK: Biddles Limited.

h. C2-112 (ISBN 1-55046377-2) McGuffin, G. & McGuffin, J. (2005). *Paddle Your Own Canoe: An Illustrated Guide to the Art of Canoeing*. Erin, ON: Boston Mills Press.

8. **Training Aids**

a. Canoe equipment,

b. Water carrier,

c. Topographical map of area,

d. Compass,

e. Communication device,

f. GPS receiver,

g. Batteries, and

h. First aid kit.

9. **Learning Aids**

a. Canoe equipment,

b. Water carrier,

c. Topographical map of area,

d. Compass,

e. Communication device,

f. Batteries, and

g. First aid kit.

10. **Test Details.** This EO is assessed Chapter 3, Annex B, Appendix 8 (326 PC).

11. **Remarks**

a. 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), and EO M326.02c (Hike Along a Route) to incorporate into their weekend training.

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

c. 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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