EO M426.02A – PADDLE A CANOE

1. **Performance**:Paddle a Canoe

2. **Conditions**:

   a. Given:

      (1) Fully equipped tandem canoe,

      (2) Personal canoe equipment,

      (3) Group canoe equipment,

      (4) Water carrier,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Expedition centre, flatwater IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, during daylight hours.

3. **Standard**:The cadet, in a team of no more than six, shall paddle a tandem canoe on flatwater, during an expedition.

4. **Teaching Points**:

   a. Conduct a briefing, to include an explanation of:

      (1) the objectives and the importance of the activity;

      (2) the resources that may be required to perform the activity; and

      (3) any safety guidelines that must be followed while performing the activity.

   b. Have the cadets, in pairs, paddle a tandem canoe on flatwater during an expedition.

   c. Conduct a debriefing by asking the cadet:

      (1) how they felt about the activity;

      (2) how they felt their team worked together;

      (3) what portion of the activity challenged them the most;

      (4) how their teammates assisted them when they were challenged;

      (5) if there any specific examples of when their team bonded;

      (6) how the team made decisions;

      (7) whether or not all team members ideas / suggestions were considered; and

      (8) what they would do as a leader of this type of activity to ensure their subordinates enjoyed the experience.

5. **Time**:

a. Introduction / Conclusion:	10 min
b. Experiential Learning:	260 min

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c. Total: 270 min

6. **Substantiation**:The experiential approach was chosen for this activity as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experiences paddling a canoe on flatwater during an expedition and defines that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while canoeing and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

7. **References**:

a. A-CR-CCP-930/AG-001, National Cadet & Junior Canadian Rangers Support Group (2019). *Cadet Program Interim Activity Safety Direction*. Ottawa, ON: Department of National Defence.

b. A2-001 A-CR-CCP-930/AG-001, National Cadet & Junior Canadian Rangers Support Group (2019). *Cadet Program Interim Activity Safety Direction*. Ottawa, ON: Department of National Defence.

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* (2nd ed.). 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. Fully equipped tandem canoe,

b. Personal canoe equipment, and

c. Group canoe equipment.

9. **Learning Aids**:

a. Fully equipped tandem canoe,

b. Personal canoe equipment, and

c. Group canoe equipment.

10. **Test Details**:This EO is assessed IAW Chapter 3, Annex B, 426 PC.

11. **Remarks**:

a. Expedition centres are required to select two dynamic modes of travel from EO M426.02a (Paddle a Canoe), EO M426.02b (Ride a Mountain Bike), EO M426.02c (Hike Along a Route), EO M426.02d (Snowshoe Along a Route) and EO M426.02e (Ski Along a Route) to incorporate into the expedition training.

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

c. Upon arrival at the expedition centre, cadets will be divided into teams. Cadets will be given an opportunity to navigate and lead peers. These teams will remain the same for the duration of the expedition.

d. IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*:

(1) a fully equipped tandem canoe is described as having the following items:

(a) bailer,

(b) buoyant heaving line or throw bag,

(c) sound signalling device,

(d) spare paddle, and

(e) painter lines;

(2) the following personal canoe equipment is required when paddling a canoe:

(a) personal flotation device (PFD), and

(b) paddle; and

(3) the following group canoe equipment is required when paddling a canoe:

(a) topographical or river map of area as required,

(b) compass,

(c) GPS receiver,

(d) first aid kit,

(e) communication device (eg, hand-held radio), and

(f) canoe repair kit.

e. IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, there are pre-training requirements for canoeing. Assess the level of pre-training required and plan time into the expedition as necessary.

f. Ensure that each cadet has an ample supply of drinking water when canoeing.

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