



3 Amherst Heights St. John's NL Canada A1E 3H9

PH: (709) 368-0020 E-mail: escapewatersports@yahoo.ca

Canoeing Essentials – INTERMEDIATE LAKE SOLO

Date: July 17, 18 2021

Location: Rotary Sunshine Park, Thorburn Rd., St. John's, NL

Cost: \$200 per person. Excludes equipment (Canoe's, paddles, Life Vest), personal equipment, transportation, or meals. Equipment rental available - \$40.

Certification Available: Paddle Canada INTERMEDIATE LAKE SOLO

Prerequisites: INTRODUCTION LAKE SOLO or equivalent. Good swimming ability/confidence is highly recommended.

Group Size: Maximum of 6 - as set forth by Paddle Canada. This small group size will provide ample opportunity for one to one instructor/student interaction.

Course Length and Structure: INTERMEDIATE LAKE SOLO is a two day course that will focus on safety and skill development. The course will utilize on-land lectures, in-water rescue clinic and on-water skill development.

COURSE OBJECTIVE(S)

Canoeing Essentials – INTERMEDIATE LAKE SOLO consists of a variety of land and water-based rescues and more advanced strokes and manoeuvres. Manoeuvres within the Intermediate program require greater levels of control and precision. The individual will become more self sufficient with an expanded knowledge of safety and risk management.

The program also expands upon the skills and principles necessary to paddle solo in a lake environment. The candidate will be expected to perform skills and manoeuvres with greater refinement and demonstrate confidence in open water.

Theory Items: Candidates will be introduced to the following theory items:

- ✓ Water/Wind/Waves/Weather (concerns, hazards and risk)
- ✓ Exposure Aliments
- ✓ Accident Prevention (Risk Factors and Risk Assessment)
- ✓ Principles of effective rescue
- ✓ Rescue Organization

- ✓ “The Three Golden Rules” (Body and Boat Mechanics)

On Water Skills: Candidates will be able to proficiently perform the following:

Safety:

- ✓ Warm up to reduce Paddling Injuries
- ✓ Empty Canoe at Dock and Shore
- ✓ Canoe Lifts and Carries (one person)
- ✓ Paddling Concepts (compound strokes, power face, back face, etc.)
- ✓ Paddling Mechanics (environmental effects on canoe and body position/paddle position)
- ✓ Solo Position and Trim
- ✓ Canoe Leans (Purpose and Practice)
- ✓ Canoe-over-Canoe (timed)
- ✓ Canoe Tow
- ✓ Towing Swimmers
- ✓ Paddling Etiquette (on and off the water)

Skills:

STROKES

- Compound Reverse
- Reverse J
- Sculling Draw/Pry
- Bow Jam
- Hanging Draw
- Low Brace Turn
- Canadian Stroke
- Indian Stroke
- Box

MANOEUVRES

- Reverse Straight Line (25 metres)
- Figure of 8 (both directions)
- Weighted Turns
- Onside/Offside Turns
- Onside/Offside Landings
- Running Side Slip
- Stop
- Triangular Course in Wind and Waves

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. Therefore participants should be prepared to get wet at any time. Not including items for personal comfort, participants should bring the following:

- Pen/Paper
- Swim ware for in-water rescue session
- Wet shoes – i.e., footwear that will be comfortable when wet
- A spare change of clothes (in case of a capsized)
- *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 temp rises. **NO JEANS!!**

CONTACT INFORMATION

For additional information on this course, please contact Escape Watersports at:

Escape Watersports
3 Amherst Heights
St. John's, NL
A1E 3H9
PH: (709) 728-2383
Email: escapewatersports@yahoo.ca
www.escapewatersports.ca