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Canoeing Essentials – Introduction LAKE TANDEM

Date: May 15, 16 2021

Location: Rotary Sunshine Camp, 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 Introduction LAKE TANDEM

Prerequisites: No previous canoeing experience necessary but good swimming ability/confidence is highly recommended.

Group Size: Maximum of 10 (i.e., 5 canoes) – 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: Introduction LAKE TANDEM 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.

Schedule: May 15 – 8:30am – 4:30pm
May 16 – 8:30am – 4:30pm

COURSE OBJECTIVE(S)

Canoeing Essentials – Introduction LAKE TANDEM is designed to provide a solid foundation of knowledge and skill necessary for open water lake paddling. The items chosen for inclusion in this program are of importance to all lake canoeists as they transfer and expand the basic canoeing skills and knowledge to the environment of open water.

The course will provide candidates with the theory and skills necessary for a daylong canoe trip. The program includes: timed and difficult rescues, specialized equipment, a variety of forward and turning strokes, efficiency and precision and more challenging paddling conditions.

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

- ✓ Canoe design and selection
- ✓ Paddle design and selection
- ✓ Personal Preparation (clothing, water, snacks, meds, float plan, etc.)
- ✓ Water/Wind/Waves/Weather (concerns, hazards and risk)
- ✓ Hypothermia and Hyperthermia
- ✓ Environmental Hazards

- ✓ Transport Canada Regulations
- ✓ MITH
- ✓ “The Three Golden Rules”

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

Safety:

- ✓ Warm up to reduce Paddling Injuries
- ✓ Deep Water Exits from Canoe
- ✓ Empty a swamped Canoe
- ✓ Paddling Positions/Switch Paddling Positions
- ✓ Enter and Exit a canoe (shore and/or dock)
- ✓ Balance and Trim
- ✓ Perform self rescue and aided rescue manoeuvres
- ✓ Shore based Throw Bag Rescue
- ✓ Canoe Towing Rescues
- ✓ Lifts and carries (Transport on Vehicle)

Skills:

STROKES

- Forward/power
- Check (stop)
- Draw (Bow)
- Push Away/Pry
- Sweep (forward/reverse)
- J Stroke
- Stern Draw
- Stern Pry

MANOEUVRES

- Pivots
- Sideward’s Displacement
- Large to Small Arc Turns
- Forward Straight Line
- Reverse Straight Line
- Stop
- Onside Turns
- Offside Turns

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:

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