



Canoeing/Kayaking Program

Camp Counsellor Instructions

Camper Instructions:

1. Get campers to assist in transporting canoes to launch area (Explain Moving a Canoe)
2. Appropriately size and fit all campers for life jackets/PFDs and paddles
3. Gather all campers in a semi circle. Explain paddle strokes, launching method and commands
4. Get campers to split into groups of 2-3
5. After one of the instructor boats launches, get campers to begin launching
6. After launch, tell campers to raft up at a designated point
7. Allow campers to explore and perfect their paddling strokes
8. Play games (dependent on skill level)

Summary:

The Program: Introductory Water Course
Section Specific?: N/A (All Section Activity)

Program Time: 3 Hours

Location: Boat House

Equipment:

1. Canoes/Kayaks
2. Appropriate Paddles
3. Life Jackets/PFDs (Equip with whistles)
4. Closed Toe Footwear (Moving Equipment)
5. Bailors (1 per Canoe/Kayak)
6. Throw Bags (1 Per Canoe/Kayak)
7. Pool Noodles (For Dragon Tails)
8. Various Balls (For Canoe Tag)
9. Towels/Swim Wear/Something Warm

Staying Safe on the Water:

Basic Commands:

One Whistle – Raft Up, Await Instructions

Two Whistles – Back to dock

Three Whistles – EMERGENCY (Get to land)

Basic Rules:

1. Never be out of sight of a counsellor boat
2. Stay within designated boundary
3. Never stand up in a canoe (Stay Low)
4. Don't ram the canoes against one another
5. Splashing is allowed, but be diligent of drowning boats (6 inch rule)
6. If a canoe is turtled in the water, stay away and allow a counsellor boat to come perform a T-Rescue
7. If an emergency occurs (ex. Injury, Thunder), get to land immediately and await further instruction
8. There is no horse play in any of the canoes

Note: *Counsellor boat must be within eye sight of everyone*

Be Safe, Have Fun!

Set Up Instructions:

1. Unlock Boat House. Get vital equipment (Bailors/throw bags)
2. Move canoes/kayaks to launch area (With assistance from campers)
3. Equip each canoe/kayak with a bailor/throwing bag
4. Proper size and fit each participant for a life jacket/PFD and Paddle
5. In a semi circle, explain basic paddle strokes (Draw, Pry, Cross Brace, J, C)
6. Assist in launching all boats
7. Raft up with all canoes in a designated area

Safety Notes:

- **Exposure** – Ensure appropriate clothing
- **Lifting and Moving Boats** – Show correct procedure for moving and carrying boats. Have at least 2 people to carry each canoe
- **Water Hazards** – Instruct participants on the importance of PFDs and safety equipment
- **Inappropriate Equipment Use** – Explain the importance of the appropriate usage of equipment