



OUTDOOR RECREATION AWARD



PROJECT: CANOEING

GOALS

- A. CANOEING STROKES:** Practice rowing strokes at home in a pretend canoe.
- B. CANOEING TRIP:** Canoe in a local lake, stream, or slow moving river.

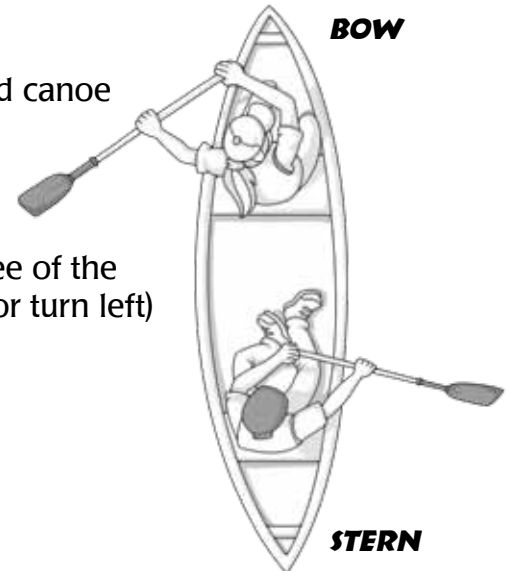
A. CANOEING STROKES

Practice rowing in a makeshift canoe in your house. Make a pretend canoe in your living room with couch cushions, cardboard boxes, or “use your imagination.”

Get in the “boat” with two people. Make sure you know who the bow (front) person is, and stern (back) person is. Practice all three of the strokes below, creating imaginary scenarios (needing to turn right, or turn left) and working together to turn the boat. Communication is key!

□ Forward Stroke

This basic stroke helps move things forward—and will be the most common stroke.



1. Make sure both stern and bow people are paddling on opposite sides of the boat. Grab the top of the oar with the inside arm, and grab halfway down the oar with the arm close to the water. Dip the blade of the paddle into the water.



2. Pull the paddle through the water using the muscles in your stomach and back.



3. Fully twist your body around to the side, and to finish the stroke pull the paddle out of the water and lift up. Place the paddle back in the water in front of you to repeat.

□ Steering “Draw” Stroke

This stroke can be used to correct course by either the stern or bow person. But remember, the effect will be opposite depending on who performs the stroke.

- *Stern:* If the stern uses a draw stroke, row on the side **opposite** of the way you want to turn. (For example, if you draw on the right side of the boat in the stern, the boat will turn left.)
- *Bow:* If the bow uses a draw stroke, row on **same side** as direction you want to turn (For example, if you stroke a draw on the right, the boat will turn right).



1. Reach out as far as you can go with you inside arm on the top (almost stretching over your head), and the outside arm almost directly above the blade. Make sure the blade is parallel to the boat.



2. Then pull the paddle towards the boat with both arms.



3. Keep the oar vertical, and stop the stroke once you are almost touching the side of the canoe. Repeat until boat is headed the right direction.

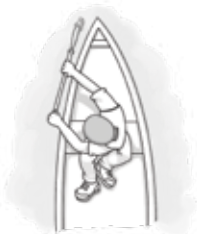
□ Steering “Back-Sweep” Stroke

This stroke is meant to be used by the stern for a quick course correction. If used too many times in a row, it will slow progress. Use in the midst of forward strokes to make periodic adjustments.

- *Stern:* Sweep on the side of the direction you want to turn.
- *Bow:* Use forward strokes to keep propelling forward while the stern does a back-sweep.



1. First insert the paddle in water with the blade next to the boat and behind. It can almost be flat against the boat above the water. Have the inside arm on the top of the oar, and your water arm gripping just above the blade.



2. Twist your body around fully and dip the paddle in the water.



3. Then using the arm gripped lower on the blade, push the blade in an arc through the water, sweeping forward. Pull with your inside arm on the top of the blade to help get momentum. Reposition and repeat as needed.

B. CANOE TRIP

If you leave near a body of water, such as a river, pond, or lake—go canoeing. You can rent the boat for the afternoon, or borrow a friend’s boat and bring to a designated launch area.

Things to Bring:

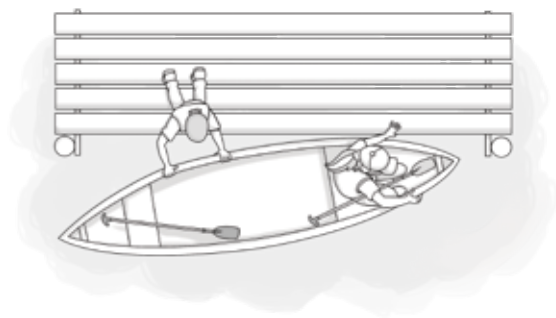
- canoe,
- canoe oars (one per person)
- life-jacket (one per person)
- water shoes
- sunscreen
- water
- sunglasses
- hat

Step 1—Get in the Canoe

1. *From Shore:* One person in the stern (back) helps push the boat in and holds it steady. The second person climbs in the boat from the stern, crouches down, and holds the outside edges of the boat, making your way to the bow (front) seating area. Then the second person puts one foot in the boat and pushes off with the other foot. Crawl to stern seat and sit quickly.



2. *From Dock:* The stern person steps in *carefully* with an oar while the other person holds onto the boat. Then the second person puts his or her oar in the boat, swings his or her feet in the boat, and then sits down. Push off the dock!





□ Step 2—What to Do in Emergencies

You Flipped the Canoe:

- If you flipped your canoe close to shore, pull the boat with you to the edge since righting a canoe is challenging.
- If you are near another canoe, they can pull the capsized canoe over the middle of their boat, and perpendicular to it. Turn it over and then put back in the water.
- If you are in the water, swim under the boat with your head in the air pocket. Tuck your paddles under the seats. Then grab the edges of the boat on one side, lift up the boat, and flip it over (this requires strong treading of water).

It's Starting to Storm:

- Head to shore. You don't want to be on a body of water in a metal boat when there is lightning.
- Water is a conduit for electricity, and you would literally be a "sitting duck." Exit ASAP.

NOTE: When it comes to canoeing and water safety, we recommend a live instructor in a real class. The purpose of this activity is to introduce the sport to people with no exposure to canoeing, or beginners who need some helpful hints. Only strong swimmers with proper flotation should attempt canoeing.

RESEARCH MORE

- Find out if your city offers canoe safety courses (usually in the recreation section of city website.)
- Ask for lessons from a local canoe rental place.
- Look up laws for "non-motorized boating" in your state to make sure no permit is needed for your local area.

*My child has successfully completed the Project Goals for the topic—**Canoeing.***

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your RECREATION award)