

Canoeing Course

Due to safety issues and equipment limitations, this course is limited to 10 participants. All participants must have passed the BSA swim test or equivalent prior to attending the course.

Saturday

9:00am - 11:30am

Requirement 1

a. Show that you know first aid for injuries or illnesses that could occur while canoeing, including hypothermia, heat reactions, dehydration, insect stings, tick bites, and blisters.

Requirement 2

a. Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.

b. Demonstrate the proper technique for performing CPR using a training device approved by your counselor.

Requirement 5

a. Name and point out the major parts of a canoe

b. Describe how the length and shape of a canoe affect its performance

c. Discuss the advantages and disadvantages of the different materials used to make canoes

d. Name and point out the parts of a paddle. Explain the difference between a straight and bent-shaft paddle and when each is best used.

e. Demonstrate how to size correctly a paddle for a paddler in a sitting position and kneeling position

f. Name the different types of personal floatation devices (PFD), and explain when each type should be used.

g. Show how to fit and test properly a PFD of correct size.

h. Discuss the general care and maintenance of canoeing equipment

Requirement 4

a. The BSA Safety Afloat policy. Tell how it applies to canoeing activities

b. The most common weather and water-related hazards encountered while canoeing and how to deal safely with each one.

Requirement 2

i. Discuss what personal and group equipment would be appropriate for a canoe camping trip. Describe how personal and group equipment can be packed and protected from water.

j. Demonstrate how to load and secure equipment in a canoe.

k. Using appropriate knots, demonstrate how to secure a canoe on a rack on land, a vehicle, or canoe trailer.

Requirement 10

- a. Discuss Olympic flatwater
- b. Discuss Outrigger
- c. Discuss Marathon
- d. Discuss Freestyle
- e. Discuss Whitewater
- f. Discuss Canoe poling

11:30pm - 12:30pm

Lunch

1:00pm - 4:30pm

Requirement 6

- a. Safely carry and launch the canoe from a dock or shore (both, if possible)
- c. Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.
- d. Change places while afloat in the canoe

Requirement 7

- a. Forward Stroke
- b. Backstroke
- c. Draw
- d. Pushaway
- e. Forward sweep
- f. Reverse or back sweep
- g. J-stroke

Requirement 8

- a. Pivot or spin the canoe in either direction
- b. Move the canoe sideways or abeam in either direction
- c. Stop the canoe
- d. Move the canoe in a straight line for 50 yards

Requirement 9

- a. Solo launch from shore or pier (both, if possible)
- b. Demonstrate solo paddling on one side forward stroke, backstroke, draw stroke, push away stroke, forward sweep, reverse or back sweep, and J-stroke. Repeat while paddling on other side.
- c. While paddling solo on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat on the other side.
- d. Make a proper landing solo at a dock or shore (both, if possible). Store canoe properly (with assistance, if needed).
- e. In deep water, exist the canoe and then get back in without capsizing solo.

Requirement 6

- e. In deep water, exist the canoe and get back in
- f. Capsize the canoe and demonstrate how staying with a capsized canoe will support both paddlers
- g. Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.
- h. In deep water, recue a swamped canoe and helping the paddlers safely reenter their boat.

Requirement 6

- b. Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location