

Canoe Preparation

The weather is going to change next week – we hope!!! This spring has been difficult when it comes to preparing for canoe activities. Thank you everyone for your patience – but we are a little behind and need to be ready to go next week. In preparation for next week I would like you to research the following skills. I would really like you to find and study videos where possible so you can see the skills in action. I would like you to be able to describe and have a good understanding of these skills for next week. Let YouTube be your guide!

1. Canoe entries/exits -- proper technique/things to keep in mind for safety
2. Canoe rescues – self rescues and canoe over canoe rescues
3. Canoe packing techniques – how to balance and pack a canoe for tripping
4. Steering strokes – J-stroke, Sweeps, Draws, Pry strokes, Pivots
5. Portaging strategies and techniques

The more you can be prepared, the faster we can get in the water!