



Pre-visit: *River Canoeing*

Classroom Activity

Brief Synopsis:

River canoeing is more than just a “trip down” the river. These activities are designed to prepare students for river canoeing by focusing on canoeing basics like equipment needs as well as the value of good communication skills.

Ages: Designed for 6th–High School

Vocabulary: Consideration, Communications, PFD, Strainer, Teamwork

Outcomes:

1. Students will become familiar with the basics of canoeing.
2. Students will be able to identify components of a successful team.
3. Students will be able to exhibit characteristics of a successful team.

Activity 1: *Get a Smart Start*

Time: 30 Minutes

Materials:

- Worksheet
- Pencil

Activity 2: *Duo Draw*

Time: 45 Minutes

Materials:

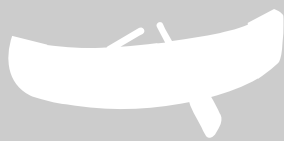
- Picture cards (4)
12 difficult)
- Blank paper
- Writing utensils
- Surface to write on

Minnesota Academic Standards:

Science: 6.II.D.1&3.

Language Arts: 6 & 8. III.A.3.

Physical Ed: 6.1.2,
6.5.5, 6.6.1,2,4, 7.1.2,
7.5.1,3, 7.6.1,3, 8.3.4,
8.5.1,3, 8.6.1



Activity 1: *Get a Smart Start*

Background: While at Eagle Bluff, students will be canoeing a four-mile stretch of the Upper/Middle branch of the Root River.

This activity is designed to give students an understanding of canoe basics like proper attire, safety measures and river characteristics.

Procedures:

1. As a class, have students share their own canoeing experiences. What were some of the highlights? What were some challenges? Knowing the basics of canoeing can lead to less challenges and greater experiences.
2. Hand out *A SmartStart for Safe Paddling* brochure and worksheet. Students may complete assignment alone or in groups.

Discussion:

- Review the answers on the worksheet.
- What is the “take-home” message of each panel?
- What could you have done differently in previous canoe trips?
- How will you prepare for canoeing at Eagle Bluff?

Activity 2: *Duo Draw*

Background: Paddling skills are definitely an important part of canoeing, however, good communication is just as important. Even the best of paddlers is only as good as their partner or as good as how well they communicate to that partner.

Procedures:

1. Split group into pairs seated back to back..
2. Give one person a blank piece of paper, a writing utensil and give their partner one of the picture cards provided..
3. Give class the following directions for the activity:
 - No one can turn around.
 - The person with the card describes the image to the person with the blank paper who then tries to draw the image from the spoken directions.
 - Encourage students to take their time and ask each other questions.

(Continued on back)



Discussion:

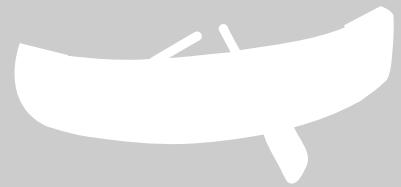
- What was the most difficult part of the activity? How did you try to overcome it?
- How is giving directions difficult?
- What did you learn about communication?
- How will this help you while canoeing?
- How will this help you in other situations?

Extension:

- Public Service Announcement: Have students create public service announcements in poster or video form about the canoeing basics they learned from the activities.

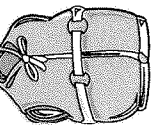
Additional Resources:

- American Canoeing Association:
www.americancanoe.org
- Minnesota Canoe Association:
www.canoe-kayak.org/
- Eagle Bluff Canoeing Class Outline:
www.eagle-bluff.org/documents/RiverCanoeing.pdf

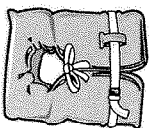


Prepare to Paddle Safely

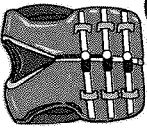
PFD TYPES



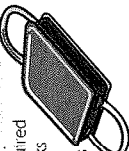
TYPE 1: Intended for offshore use. Because of their bulk, they are not recommended for paddlers.



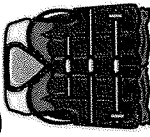
TYPE 2: Near-shore buoyancy vests. They are not recommended for paddlers.



TYPE 3: Flotation Aid. They are recommended for paddlers.



TYPE 4: Throwable devices. These are not required on canoes or kayaks and are not to be used as substitutes for life jackets.



TYPE 5: These are special use life jackets. They may be appropriate and recommended for certain uses by paddlers.

Read the life jacket's label. The right fit provides the right flotation. Remember, it doesn't work if you don't wear it!

Know Before You Go!

Know the waters you plan to float.

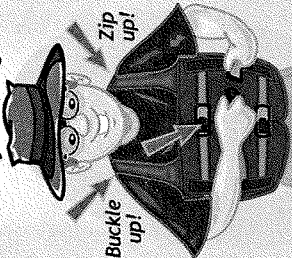
Changes in weather can affect your trip.



What waters do you expect to paddle and are you prepared?

WEAR IT!

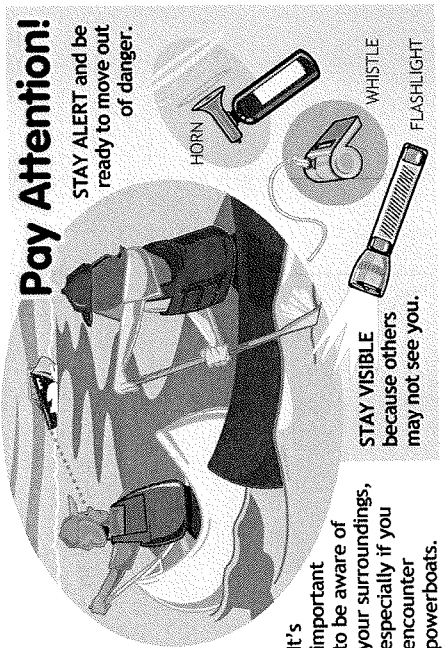
Be safe and keep your life jacket snug.



Best Paddling Practices

Pay Attention!

STAY ALERT and be ready to move out of danger.



It's important to be aware of your surroundings, especially if you encounter powerboats.

STAY VISIBLE because others may not see you.

HORN
WHISTLE
FLASHLIGHT

Be Considerate of Others

SHARE THE WATER:

Give others the room they need to enjoy the waters.

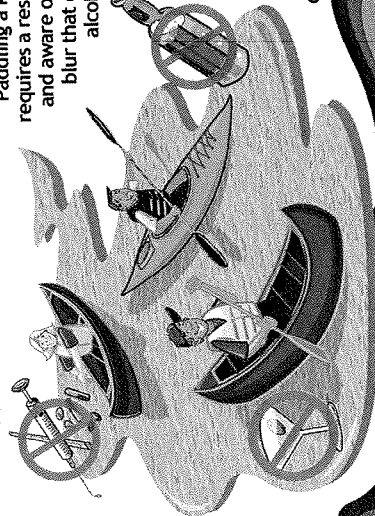


Keep the scene clean and pick-up litter.

Never Boat Under the Influence

While paddling can be easy, it's no excuse to paddle under the influence. Paddling a kayak or canoe requires a responsible, safe, and aware operator. Don't blur that operation with alcohol and drugs.

A group of paddlers is safer, but this should not become a drinking party!



Boarding and Re-entry

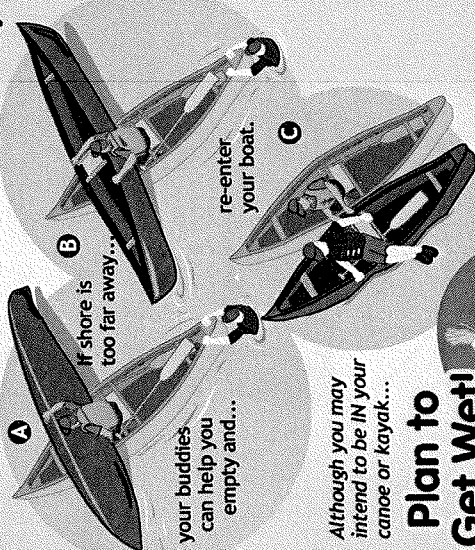
Boarding

Be a steady influence on your partner!



Keep at least three points of contact and stay low for balance. Capsizing while ON the water can put you IN the water, so...

Practice Re-entry



A If shore is too far away...

your buddies can help you empty and...

re-enter your boat.

Although you may intend to be IN your canoe or kayak...

Plan to Get Wet!

Expect the unexpected and know what to do if you find yourself IN the water. Stay calm and stay with the boat.

If you fall out in current, keep your feet on the surface and swim to shore.



In most cases, getting wet or swamping your boat is no reason to end your trip.

Just dump the water out, re-enter and you're on your way.

HAZARDS

Paddling hazards include rocks, strainers, low-head dams, heavy current, lightning and other bad weather. Strainers can be anything that blocks passage but lets the water filter through.

Stay away from strainers!



Low-head dams are tough to see from upstream

Stay away from low-head dams!

and very difficult to escape.

Both strainers and low-head dams are regarded as "drowning machines." These hazards are dangerous—avoid them, portage around them, and ALWAYS SCOUT AHEAD!

Keep It Stable!

DANGER

Leaning shoulders outside the edge of the boat can lead to a capsizing. Keep your weight low and balanced over the centerline of the boat.

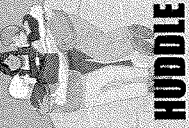


Cold Water

can be a KILLER! Loss of body heat, the possibility of hypothermia, and at the very least, at the end of your float trip can be a result of falling into cold water.

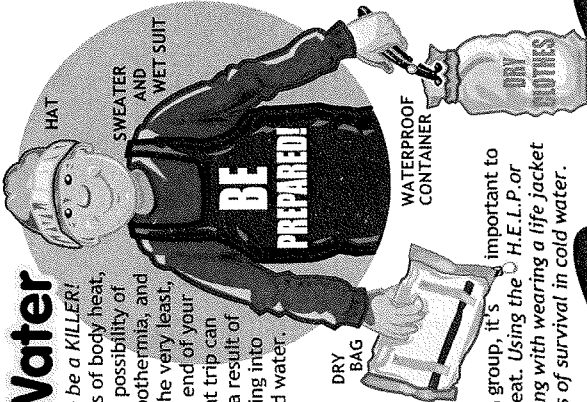


H.E.L.P.
Heat Escape Lessening Posture



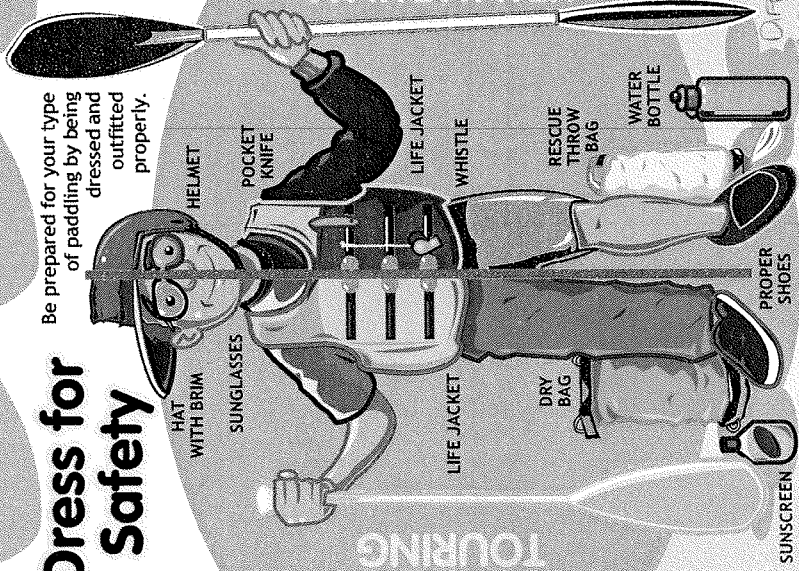
HUDDLE

Whether alone or in a group, it's important to conserve your body heat. Using the H.E.L.P. or HUDDLE positions along with wearing a life jacket improve your chances of survival in cold water.



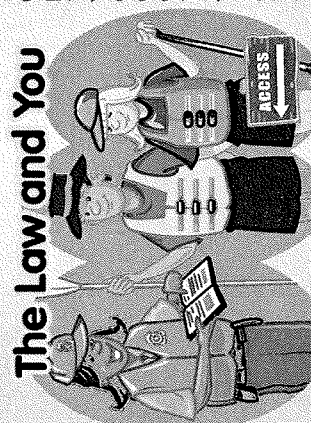
Dress for Safety

Be prepared for your type of paddling by being dressed and outfitted properly.



The Law and You

Officers can provide regulatory information, valuable reports on current water conditions, and other useful information. It is your responsibility to know the regulations which apply to where you boat.



Remember to...

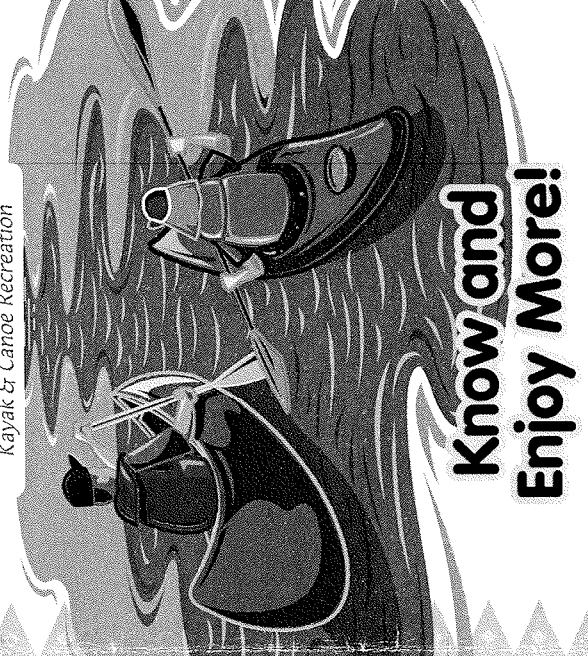
- Wear your life jacket.
- File a float plan.
- Never go paddling alone.
- Scout ahead for water hazards.

This brochure is produced under a grant from the Aquatic Resources (Mallopp/Breaux) Trust Fund administered by the U.S. Coast Guard.

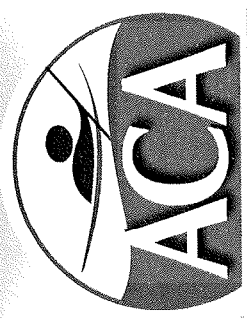


Know and Enjoy More!

www.AmericanCanoe.org



AMERICAN CANOE ASSOCIATION
Kayak & Canoe Recreation



American Canoe Association
7432 Alban Station Blvd. Suite B232 • Springfield, VA 22150-2321



A SMARTSTART for Safe Paddling - Worksheet

Your Name: _____

Dress for Safety

1. Based on the diagram, what are the main differences between Touring and Whitewater canoeing?
2. Give two examples of proper canoeing shoes:
 -
 -

Hazards

1. Strainers and low-head dams are regarded as: _____.
2. Knowing you will be paddling the ROOT River what hazard can you expect to find the most often?
3. What action most often causes canoes to capsize? _____
4. What does the acronym H.E.L.P. stand for?
H _____ E _____ L _____ P _____

Prepare to Paddle Safely

1. How many types of PFD's are there? _____
2. Which type of PFD will you most likely wear canoeing at Eagle Bluff? _____
3. You know a PFD fits by pulling up on is if: _____

Best Paddling Practices

1. List two ways you can be considerate of others while canoeing:
 -
 -
1. List two ways in which you may become distracted while canoeing:
 -
 -

Boarding and Reentry

1. List the three points of contact needed when boarding a canoe:
 -
 -
 -
2. If you fall into the water, what are the two most important things to remember:
 -
 -

