

SAINTS GLOBAL

# ACTIVITY PLAN

## CANOEING

### PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The tandem canoeing outing

Between Session 3 and Session 4, each pair of saints completes an on-water outing on a real flatwater lake or slow river. They carry, launch, paddle a set route together, run the figure-eight and other maneuvers under real conditions, land, and store the canoe. The trip is the field test for everything the four sessions prepare for. A trained leader is on the water with the group.

OUTDOOR — FLATWATER LAKE OR SLOW RIVER WITH A BEACH OR DOCK;  
TRAINED LEADER ON THE WATER

#### 4 SESSIONS IN THIS PLAN

## SESSION 1 · PHYSICAL CORE

🕒 60 min target

# Water safety and hazards

*Plan the trip around the water before you plan the paddling.*

## SESSION AIM

Saints learn to read the conditions that decide whether a canoeing trip launches or turns back. They walk the Safety Afloat checklist on a real planned outing, run three hazard scenarios as roleplay, and cover the first response for hypothermia and three other canoeing-specific health risks. Saints leave with a personal safety card to bring to every session.

## 🎯 WALK AWAY WITH

- Names common canoeing hazards and one prevention, one mitigation, and one response for each
- Walks the nine Safety Afloat points on a real planned outing and names what would cause it to turn back
- Identifies the first three actions for hypothermia, dehydration, heat illness, and a sprain or strain on the water

## 📦 BRING / SET UP

- A real canoe and two PFDs set up at the front of the room for reference
- Printed Safety Afloat handout (one per saint)
- Three printed scenario cards: capsize in 60°F water, sudden squall on flatwater, paddler shows up without a PFD
- A first-aid kit opened and laid out so saints can see what is in it
- Pens and the saint's BRC printout (one per saint)

## 🕒 THE HOUR

## BLOCK 1 · DISCUSSION Opener — Closest call on the water

🕒 5 min

Ask the group: "When were you closest to trouble on the water — a current you didn't expect, a wind that picked up, a swim that took longer than it should have?" Two or three saints share, briefly. The point is to put the word "hazard" in the room as something each youth has already lived close to. The rest of the hour turns those memories into a plan.

## SESSION 1 · WATER SAFETY AND HAZARDS (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Walk the Safety Afloat checklist**

⌚ 18 min

1. Hand each youth a printed Safety Afloat card. Stand by the canoe at the front.
2. Read the nine points aloud one at a time: qualified supervision, personal health review, swimming ability, PFDs, buddy system, skill proficiency, planning, equipment, and discipline. After each point, ask one youth to apply it to a real planned outing — the spring lake trip or whatever your group has next on the calendar.
3. For each point, name what would cause that outing to turn back. Example: if the wind forecast crosses the threshold by launch time, the trip turns back at the put-in, not at the first hard gust.
4. Pair up. One youth names a real outing he wants to run; the other walks the Safety Afloat card against it and identifies one gap. Trade and repeat.
5. Each youth writes on his BRC margin: "The Safety Afloat point my next outing is weakest on is \_\_\_\_, and what I'll do about it before launch is \_\_\_\_."

REQ 1C

BLOCK 3 · ROLEPLAY **Three things that go wrong before you launch**

⌚ 15 min

1. Set up three scenario stations: (1) a saint shows up at the put-in without a PFD; (2) you are halfway across a flatwater lake when a squall builds on the far shore; (3) a paddler capsizes in 60°F water 100 yards from shore. Place a clipboard at each station for response notes.
2. Rotate pairs through all three stations, four minutes each. At each station, identify what is happening, name the first three actions in order, and write what would change if the partner could not swim well.
3. Pairs report back. The first actions are: missing PFD — the saint does not launch until he has one that fits; squall — get off the water on the nearest safe shore, raft up if you cannot land, then wait it out low; cold-water capsize — stay with the boat, signal the partner, swim to the canoe before the cold robs your strength.
4. Each youth adds one of the three to his BRC margin as a stop rule: "If \_\_\_\_, my trip turns back or holds at \_\_\_\_."

REQ 1A

## SESSION 1 · WATER SAFETY AND HAZARDS (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **First response on the water — four health risks**

⌚ 17 min

1. Lay out the first-aid kit so each youth can see what is in it. Walk the four most likely canoeing-day health risks: hypothermia, dehydration and heat illness, sprains and strains, sunburn and blisters.
2. Hypothermia: shivering, fumbling hands, slurred speech. Stop, dry layer on, calories and warm sweet drink, insulate from the ground, share heat if needed. Demonstrate the dry-layer swap on a saint who volunteers as the patient.
3. Dehydration and heat illness: heavy effort and sun on the water hide thirst until you are behind. Prevention is one bottle per hour while paddling. Treatment is stop, shade, water with electrolytes, cool the neck.
4. Sprains and strains: a roll on a slick rock or a hard launch can twist an ankle. RICE — rest, ice or cold water from the lake, compression, elevation. A real sprain ends that saint's paddling for the day.
5. Sunburn and blisters: sunscreen at launch and again at lunch; tape on the hands where the paddle rubs. Both are prevented at the put-in or not at all.
6. Each youth names which of the four he is most likely to underestimate and one thing he will pack to address it.

## REQ 1B

BLOCK 5 · REFLECTION **Close — One safety move**

⌚ 5 min

1. Each youth names one safety move he will bring to Session 2: his own PFD checked for fit, a sunscreen pack in his daybag, a dry layer in a stuff sack, his swimmer-classification status confirmed with the leader.
2. Reminder: Session 2 covers boat, paddle, and the first water moves. Come dressed to get wet to the knees and bring a towel.

## AT THE CLOSE · DEBRIEF

1. Which of the nine Safety Afloat points would your next planned outing fail on if you ran it today?
2. Which of the three pre-launch scenarios felt most likely to happen to your group, and why?
3. Which of the four health risks have you actually felt on the water before, and what tipped you off?

☑ *Initial 1a, 1b, and 1c on each saint's BRC after this session. Confirm each saint's swimmer-classification status before Session 2 and note any saint who still needs to take or retake the test.*

## SESSION 2 · PHYSICAL CORE

⌚ 60 min target

# Boat, paddle, and first water moves

*Learn the boat and the paddle, then take the first water moves with a partner.*

**SESSION AIM**

Saints walk a real canoe and paddle by name, size paddles for sitting and kneeling, and review the swimmer classification test as the gate to on-water work. The session moves to shallow water for partnered carries, launches, and position changes — the first real teamwork moves on the boat. Saints leave with a sized paddle and the first water moves under their hands.

**🎯 WALK AWAY WITH**

- Names every part of a canoe and a paddle and can explain how length and hull shape change handling
- Sizes a paddle to himself for both sitting and kneeling
- Carries, launches, lands, and stores a canoe with a partner from shore and dock when available
- Sits, kneels, and changes positions afloat with a partner bracing the boat

**📦 BRING / SET UP**

- Two canoes on the bank, with paddle racks set out alongside
- A range of paddles — at least three sizes per material (wood, plastic, aluminum) if available
- PFDs sized for every saint; a fit chart taped to the rack
- A shallow, sandy launch or a known dock with shallow water at the end
- Saints in shorts and water shoes; a towel in each daybag
- Pens and BRCs

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Swimmer status**

⌚ 5 min

Round the room: each youth names his current swimmer-classification status — Swimmer, Beginner, Learner, or untested. One sentence per saint. Note who is cleared for deep-water work and who is not. Any saint not yet a Swimmer pairs with one who is for the rest of the session, and his deep-water work waits for the test. Name the status honestly so the leader can plan around it.

## SESSION 2 · BOAT, PADDLE, AND FIRST WATER MOVES (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Swimmer test and the canoe by name**

⌚ 15 min

1. Walk the swimmer classification test as it applies to canoeing. Swimmer status (jump in deep water, surface, swim 75 yards using a strong stroke, 25 yards on the back, level off and float, and rest before climbing out) clears the saint for deep-water canoeing. Beginner and Learner stay close to shore and pair with a Swimmer.
2. Ask each youth: why does swimming ability still matter when a PFD keeps a saint afloat? Walk through the answer together — a PFD floats a paddler, but cold water, current, and the swim back to the canoe still require strength and breath control.
3. Stand around a real canoe on the bank. Point to and name in order: bow, stern, gunwale, thwart, yoke, keel, deck plate, seat, and the inside of the hull. Each youth places a hand on a part as the leader names it. Then reverse — leader points, youth names. Repeat until every saint is fluent.
4. Compare two hulls if available — a short wide one and a long narrow one. Tradeoffs: short and wide turns easily and is stable but slow; long and narrow tracks straight and is fast but tippy.
5. Ask: in a crosswind on a lake, which hull works harder to hold its line? In a tight river bend, which hull turns easier? Walk through the answers together so the youth predicts before the leader confirms.

REQ 2A

REQ 2B

BLOCK 3 · SKILL PRACTICE **Size your paddle**

⌚ 13 min

1. Hold a paddle up. Name in order: grip, shaft, throat, blade, tip. Each youth names each part as the leader points.
2. Sit a youth on a bench or a tipped canoe in the kneeling position. Show the seated sizing test: the throat of the paddle should fall between the saint's nose and chin. Show the kneeling sizing test: a touch shorter because the paddler sits lower.
3. Each youth picks two paddles from the rack and sizes them to himself for both positions. Pair up — partner confirms the sizing or finds the next size that works.
4. Discuss what a wrong-sized paddle costs over an hour: a too-long paddle bruises the hip and tires the shoulder; a too-short paddle makes the stroke shallow and forces the saint to reach.
5. Each youth keeps the paddle that fits him for the rest of the session.

REQ 2C

## SESSION 2 · BOAT, PADDLE, AND FIRST WATER MOVES (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · PHYSICAL **Carry, launch, and change position**

⌚ 17 min

1. PFDs on and fitted. The leader checks each PFD: snug at the shoulders, riding up under the chin only when the shoulder straps are too loose, zipped and clipped.
2. Two-person carry from the rack to the water. Bow paddler at the bow, stern paddler at the stern, both on the same side of the canoe. Walk in step. Move slowly until the partner does not need to brace.
3. Launch into shallow water: bow first into the water, stern paddler holds the boat steady, bow paddler steps in low and centered, stern paddler steps in last and pushes off. From the dock, the boat sits parallel along the dock; both paddlers step down into the centerline one at a time.
4. Sit, then kneel, then sit again — one paddler at a time while the partner braces. Keep weight low and centered through the change; the canoe should rock no more than a few inches.
5. Land: the stern paddler steers in slowly; the bow paddler steps out first into shallow water, holds the boat steady; the stern paddler steps out last. Reverse the carry to the rack and store the canoe upside down on the rack.

REQ 3A

REQ 3B

BLOCK 5 · REFLECTION **Close — What changed under your hands**

⌚ 10 min

1. Sit on the bank. Each youth names one thing about the canoe or the paddle that he understands differently now than at the start of the session.
2. Pair up. Each pair confirms they can carry, launch, land, and store the canoe together without coaching. Anyone who is not confident gets one more rep before leaving the bank.
3. Reminder: Session 3 is rescue day. Come dressed to get fully wet, bring a complete change of clothes including dry shoes, and confirm your swimmer status with the leader before Saturday.

## AT THE CLOSE · DEBRIEF

1. Which part of the canoe or paddle did you have to be told twice before it stuck, and why that one?
2. When you changed positions afloat, what did your partner do that helped you stay balanced?
3. What size paddle ended up fitting you, and how was it different from what you would have picked by eye?

📝 Initial 2a, 2b, 2c, 3a, and 3b on each saint's BRC after this session. Note any saint whose swimmer classification still needs confirming before Session 3 deep-water work.

## SESSION 3 · PHYSICAL CORE

⌚ 60 min target

# Rescue day and tandem maneuvers

*Capsize on purpose so a real capsize is a problem you have already solved.*

**SESSION AIM**

A water-heavy session built around the three rescue requirements and the tandem maneuver set. Saints run a planned capsize, climb back into the canoe, rescue a swamped boat and tow it fifty feet, and throw and repack a rescue bag. The session ends with a tandem maneuvers drill — pivots, side-slips, stops, arcs, reverse, and a figure-eight — and locks in the outing date, partners, and roles.

**🎯 WALK AWAY WITH**

- Performs a controlled deep-water capsize, exit, and over-the-side reentry while staying in contact with the canoe
- Rescues a swamped canoe and paddlers, including a tow of at least fifty feet, and reenters safely
- Throws a rescue bag from shore to a moving target and repacks it without tangles
- Demonstrates pivots, side-slips, stops, straight-line travel, arcs, reverse, and a figure-eight in both bow and stern
- Has the tandem outing on the calendar with partner, role, and pack confirmed

**📦 BRING / SET UP**

- Two canoes in deep water with one anchored or boat-held station nearby; rescue boat on call
- PFDs for every saint, checked again at the bank
- A throw bag with at least 50 feet of rope, plus a dummy or floating target
- A complete change of clothes including dry shoes for every saint, staged on the bank
- Stopwatch or phone timer for the tow drill
- Trip log printout — names, partners, roles, target launch and return time
- BRCs (final review)

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Plan the swim**

⌚ 5 min

Stand on the bank with the canoes already in the water. Walk through the order of the hour: capsize, reentry, swamped-boat rescue and tow, throw bag, maneuvers, trip lock-in. Each saint confirms his swimmer classification one more time. The leader names who is on the water with each pair and where the rescue boat is. The point of running the capsize on purpose, today, is so the next one is a drill the saint has already done.

## SESSION 3 · RESCUE DAY AND TANDEM MANEUVERS (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · PHYSICAL **Capsize, reenter, and rescue**

⌚ 22 min

1. Two pairs at a time launch and paddle to a marked spot in deep water. The rest of the group watches from the bank with the leader.
2. On the leader's call, the first pair tips the canoe together. Both paddlers stay with the boat — one hand on the hull at all times. Do not swim for shore. The canoe floats higher than a paddler and is the easier object to see from the bank.
3. The pair pushes the canoe right-side up, working toward the middle and away from the ends. Hand the paddles up first so they do not float away.
4. Over-the-side reentry, one at a time. The partner counterbalances from the far gunwale. The reentering paddler kicks hard, gets his belly over the gunwale, then rolls in. Practice until it is smooth.
5. Bring in the second pair as the rescue boat. The second pair pulls the swamped canoe up across their gunwales, drains it, flips it upright, and lowers it back into the water — the canoe-over-canoe rescue.
6. The rescue pair then tows the partially swamped canoe at least 50 feet using a painter line tied to the bow. Time the tow. Discuss when to bail and tow versus bail in place: tow if the wind is pushing them off course or the water is rough; bail in place if conditions are calm.
7. Switch roles. Each youth should run rescuer and rescued before the block ends. After every saint has run the drill, dry out and into the change of clothes on the bank.

REQ 3C

REQ 3D

BLOCK 3 · SKILL PRACTICE **Throw the bag and repack it**

⌚ 10 min

1. Stand on shore. The leader demonstrates the throw — feet shoulder-width, weight on the back foot, underhand or sidearm swing, follow through past the target. The rope feeds out of the bag.
2. Each youth throws three times at a floating dummy or target placed 30 feet out. Aim past the target so the rope lands across the swimmer's reach. A throw at the swimmer's feet is a missed throw.
3. Walk the repack: rope coiled loosely into the bag, no twists, the throwing line free of knots, the bag closed but not cinched tight. A tangled bag is dangerous because the next throw will not feed.
4. Each youth repacks the bag and hands it to the next saint. The leader checks one repack per saint; sloppy packs get redone.

REQ 3E

## SESSION 3 · RESCUE DAY AND TANDEM MANEUVERS (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · PHYSICAL **Tandem maneuvers drill**

⌚ 15 min

1. Pair up. Each pair launches and paddles out to a clear stretch of water with the leader watching from a rescue boat or the bank.
2. Walk through each maneuver before paddling it: pivot in place, side-slip sideways without changing heading, hard stop from a moderate forward pace, straight-line travel for 50 feet, a wide arc, reverse for 30 feet, and a figure-eight around two markers.
3. Each pair runs the full set with one saint in the bow and one in the stern. Trade positions and run it again. The bow paddler calls the obstacles; the stern paddler steers and trims.
4. Coach trim and posture before stroke technique — sloppy trim makes any stroke worse. The bow paddler leans forward on a forward stroke; both paddlers keep their weight centered through a turn.
5. Pairs that finish the figure-eight cleanly help the next pair from the bank — call corrections gently, not from the stern.

REQ 3F

BLOCK 5 · REFLECTION **Close — Lock the outing**

⌚ 8 min

1. Confirm the outing date, the put-in, the planned route, the expected on-water time, and the return time. Each youth writes all five on his BRC margin.
2. Assign pairs and roles. The leader names who is paired with whom and who is in the bow or the stern for the launch. Each youth reads his role aloud.
3. Check kit: PFD that fits, a full change of clothes in a dry bag, water, sunscreen, hat, the sized paddle from Session 2. Anyone missing an item names how he will fix it before Saturday.
4. Reminder: Session 4 runs after the outing. Bring the trip log and any photos or sketches of the route.

## BY TIER

- ENTRY** Pair with an established saint for the outing. Take the bow on the launch and the stern on the return — the established saint coaches each switch.
- ESTABLISHED** Take the stern for the outing. Hold the line, call the breaks, and run the figure-eight cleanly.
- MENTOR** Take the stern for one pair and ride out as a check on a second pair. Watch their first 100 yards, then leave them to it.

## AT THE CLOSE · DEBRIEF

1. When you capsized on purpose, what did you actually do first — what your partner expected, or something else?
2. On the swamped-boat tow, where did the rope or your grip start to slip, and what fixed it?
3. Which tandem maneuver in the drill needed the most communication with your partner, and what did you end up saying out loud?

☑ *Initial 3c, 3d, 3e, and 3f on each saint's BRC after this session. The outing earns a field confirmation of 3a and 3f. Record pairs, roles, and the date in the trip log.*

## SESSION 4 · PHYSICAL CORE

🕒 60 min target

## Trip review and BRC sign-off

*Account for what the trip taught and finish the badge.*

**SESSION AIM**

Saints arrive having just completed the tandem canoeing outing. The session opens with a trip report, moves through paired teamwork reflection on the maneuver that took the most coordination, connects the work on the water to patience and communication, and ends with a written charge and BRC sign-off. The hour is mostly conversation, since the outing did the skill work.

**🎯 WALK AWAY WITH**

- Names one canoeing skill that took the most teamwork and explains how practice improved it
- Describes how paddling tested patience and communication on a real water trip
- Names three on-water habits to keep and one to drop before the next outing
- Has a signed BRC

**📦 BRING / SET UP**

- Each saint brings: his trip log, BRC, and the printed water-safety card from Session 1
- Half-sheets of paper and pens (one per saint for the written charge)
- A whiteboard or large pad for the group note on shared lessons
- The leader holds the master trip log and the leader-key sheet

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Trip report**

🕒 5 min

Go around the circle. Each saint answers in one sentence: what was the outing like? Do not comment or compare; let each saint name his version. Answers usually range from "calmer than I expected" to "harder than the drills made it look." That range sets up the teamwork stories in the next block.

## SESSION 4 · TRIP REVIEW AND BRC SIGN-OFF (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · REFLECTION **Strain stories — the hardest tandem moment**

⌚ 18 min

1. Pair up with a saint who was not your boat partner on the outing. Eight minutes each — one talks, the other listens. No advice and no comparing.
2. Each youth describes the one moment on the water where the canoe stopped working as one — a side-slip that turned into a pivot, a stop that turned into a slide, a stretch where the bow and the stern were paddling at cross purposes. Name what he thought during it and what fixed it.
3. Switch and repeat.
4. Each pair reports back one phrase from the partner's story — only what the partner gave permission to share.
5. Teaching point: in a tandem canoe, two paddlers have to work as one. A maneuver that broke is usually a communication problem before it is a stroke problem.
6. Each youth writes in his BRC margin: "The hardest tandem moment for me was \_\_\_\_, and what fixed it was \_\_\_\_."

REQ 4A

BLOCK 3 · DISCUSSION **Patience and communication on the water**

⌚ 17 min

1. Sit in a circle. Open round: name one moment on the outing when patience prevented a mistake. It might have been waiting through a gust at the put-in, slowing the pace so a partner could match, or holding a position while the route ahead cleared.
2. Second round: name one moment when a single word from a partner kept the canoe on its line. "Left." "Stop." "Switch." Bow paddlers usually have the clearer view of obstacles; stern paddlers usually have the clearer view of the line. The team works when each tells the other what the other cannot see.
3. Third round: name one moment when impatience or quiet caused a mistake. Not a confession round — a working note for the next outing.
4. Each youth writes one sentence in his BRC margin: a moment on the water when patience and communication kept him safe, and one when their absence did not.

REQ 4B

BLOCK 4 · CREATIVE **The Charge — Three keep, one drop**

⌚ 15 min

1. Each youth writes for four minutes on a half-sheet, in two columns. Column A: "Three on-water habits I will keep on the next outing." Column B: "One civilian habit the trip showed me is in my way on the water."
2. Each youth reads both columns aloud to the group. No commentary. The leader listens for who is stretching, who is being tepid, and who needs a follow-up before the next paddling day.
3. Teaching point: aim this at the next trip. Three habits to keep gives the next outing somewhere to land; one habit to drop names what the trip exposed.
4. Each youth folds his half-sheet and slides it into the back of his BRC.

REQ 4A

REQ 4B

## SESSION 4 · TRIP REVIEW AND BRC SIGN-OFF (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 5 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement against the trip log and the previous sessions.
2. For 3a and 3f, the outing is the field confirmation — initial both. For 4a and 4b, the work in this session covers them — initial both.
3. Leader and saint each sign the BRC. The saint takes the BRC home.

## AT THE CLOSE · DEBRIEF

1. Which tandem maneuver on the outing felt different from how it felt in the drills, and why?
2. Who in your pair carried the communication load on the water, and how do you split it next time?
3. Which of your three keep-habits will be the first to slip if no one is watching, and what will you do to keep it?

📝 *Initial 4a and 4b on each saint's BRC after this session. With 3a and 3f confirmed from the trip log, the BRC should fully sign off tonight.*

## HANDOUT 1 OF 2

## FROM SESSION 1 — WALK THE SAFETY AFLOAT CHECKLIST

# Water-Safety Card — Safety Afloat & Hazards

Carry this to every session. Walk it through before every launch.

## CANOEING · POCKET CARD

## Walk the safety card before every launch.

PFDs on. Buddy named. Conditions checked. Then paddle.

### THREE THINGS THAT GO WRONG BEFORE YOU PADDLE

#### 1 No PFD at the put-in

a saint shows up without one or with one that does not fit

## FIRST THREE

- 1 Saint stays on the bank.
- 2 Borrow or fit a spare PFD.

## CHECK

Snug at the shoulders. Zipped and clipped. Should not ride up under the chin when the straps are tightened.

#### 2 Sudden squall builds

wind picks up, dark clouds on the far shore, water turns choppy

## FIRST THREE

- 1 Head for the nearest safe shore.
- 2 Cannot land — raft up.
- 3 Stay low. Wait it out.

## STOP RULE

Cross open water only when the forecast is clear for the next two hours. A clear horizon at launch is not the same forecast.

#### 3 Cold-water capsize

water under 70°F · cold steals strength fast

## FIRST THREE

- 1 Stay with the boat — both hands.
- 2 Signal partner. Account for both.
- 3 Climb in or hold on. Do not swim.

## REASON

Cold strips strength in minutes. The canoe floats; the swimmer is harder to see and tires fast. The boat is the larger target.

### SAFETY AFLOAT — THE NINE POINTS

## 1 Qualified supervision

A trained leader on the water.

## 2 Personal health review

Each saint cleared to paddle.

## 3 Swimming ability

Classification known and current.

## 4 PFDs

Worn and fitted by every saint.

## 5 Buddy system

A named partner for every saint.

## 6 Skill proficiency

Strokes and rescues practiced.

## 7 Planning

Route, weather, turn-back rule.

## 8 Equipment

Boat, paddles, throw bag, kit.

## 9 Discipline

The plan holds when it costs you.

## BEFORE YOU LAUNCH

Walk all nine. Any point that does not pass holds the trip at the put-in, not at the first hard gust. Turning back is part of the plan, not a failure.

Walk the card at the bank before paddles touch water. Hold the trip if a point does not pass.

Print this handout for in-person reference during session 1 — walk the safety afloat checklist.

## HANDOUT 2 OF 2

## FROM SESSION 3 — TANDEM MANEUVERS DRILL

# Five Strokes for Tandem Paddling

Print and bring to the bank. Run the five strokes by name before you launch.

## CANOEING · TANDEM STROKES

## Run the five strokes by name before you launch.

Bow paddler calls obstacles. Stern paddler steers and trims.

### FIVE BASIC STROKES — WHEN TO USE EACH

## STROKE 1

#### Forward



straight back along the hull

## PADDLER

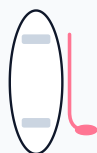
Both. Bow sets cadence.

## WHEN

Straight-line travel and building forward speed.

## STROKE 2

#### J-stroke



forward, then hook outward

## PADDLER

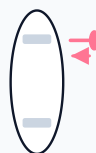
Stern. Steering stroke.

## WHEN

Holding a straight line on every other stroke.

## STROKE 3

#### Draw



pull water toward the hull

## PADDLER

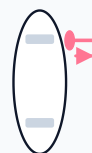
Bow or stern. Side move.

## WHEN

Side-slip toward an obstacle or a dock.

## STROKE 4

#### Pry



push the hull off the blade

## PADDLER

Bow or stern. Side move.

## WHEN

Side-slip away from an obstacle or the shore.

## STROKE 5

#### Sweep



arc wide, well off the hull

## PADDLER

Bow turns. Stern pivots.

## WHEN

Turning the canoe or running a wide arc.

### PARTNER COMMUNICATION — KEEP IT SHORT

## BOW PADDLER — CALLS

Names what is ahead the stern cannot see. "Rock left." "Log." "Switching sides." Short words.

## STERN PADDLER — STEERS

Holds the line the bow calls. J-stroke between forwards. Sweep or pry to turn.

## BOTH — TRIM AND CADENCE

Match cadence to the bow. Weight low and centered. Switch sides on a count.

Name each stroke at the bank before you launch. Practice each at slow speed before you need them fast.

Print this handout for in-person reference during session 3 — tandem maneuvers drill.