

Paddling – Week 1 - August 2019

Time	Activity	Description	Equipment/Leader
6.30pm 10 min	Parade	Opening Parade (get out canoes, paddles and PFDs)	Wombat Flag
6.40pm 5 mins	Game	Direction Points (Sixers to lead after first couple of calls) <ul style="list-style-type: none"> - Explain terms Port, Starboard, Bow, Stern - Nominate areas for Port, Starboard, Bow, Stern - Cubs run to the direction the Leader calls 	Flamingo
6.45pm 15 mins	Activity	How to wear a PFD <ul style="list-style-type: none"> - Description about when and how to wear a PFD (below) - Cubs to put on PFDs and show how to wear them correctly (wear them for the rest of the activities) - Stay in PFDs for following activities 	Jaffa (paddle guide) PFDs
7:00pm 15mins	Activity / Yarn	Parts of a Canoe / Kayak / Paddle <ul style="list-style-type: none"> - Take out 3 canoes/paddles and 1 kayak, place on grass - Describe parts of Canoe/Paddle Kayak - Describe how to select a paddle - Revise parts with Pirate Adventure Yarn (below) 	Jaffa / Flamingo Canoes Kayak Paddles
7:15pm 20 min	Activity	How to get into / out of a canoe <ul style="list-style-type: none"> - Explain how to get in/out of a canoe, practice individually - Number Cubs in each Six, each Six to stand around a canoe, call out a number and instruction (eg '5' in stern seat, 'bow' seat out), relevant Cubs to move when called showing they can enter and exist appropriately - Repeat activity for entry with canoe parallel or perpendicular to 'shore' 	Jaffa Canoes
7:35pm 20 min	Activity	Paddle Strokes <ul style="list-style-type: none"> - Forward stroke, Backward stroke, Draw stroke - Demonstrate outside in real canoe, then practice on chairs - In the den, Cubs on chairs arranged in 'canoes' (in pairs spaced and facing forward), each with a paddle - Demonstrate and practice (still wearing PFDs) - Swap chairs for practice from different seats in the 'canoe' - At end of activity pack away – chairs, paddles, PFDs 	Jaffa Canoe Chairs Paddles
7:55pm 5 min	Parade	Closing Parade	Wombat Flag

Badge work

Boomerang tasks:

Level	Topic	Task
B, S, G	N/A	N/A

Achievement badges:

Badge	Level	Task
Canoeing	Level 1	2,4,5
	Level 2	4

OAS - building competency in the following areas:

Skill Area	Stage	Target Competency
Paddling	Stage 1	Plan – 1, Do – 4,5,8
	Stage 2	Plan – 7, Do – 5,7
	Stage 3	Plan – 5, Do – 2, 4, 5

How to wear a PFD

A PFD (Personal Flotation Device) or Lifejacket is a vital piece of safety equipment when paddling. It is important that everyone has an approved lifejacket suitable for the activity, water type and conditions for where you will be boating.

In Queensland, it is compulsory by law to wear a lifejacket if you are under 12 years old in an open boat that is less than 4.8m in length and underway. Scouts Queensland requires wearing a lifejacket if you are in a boat and underway (regardless of age).

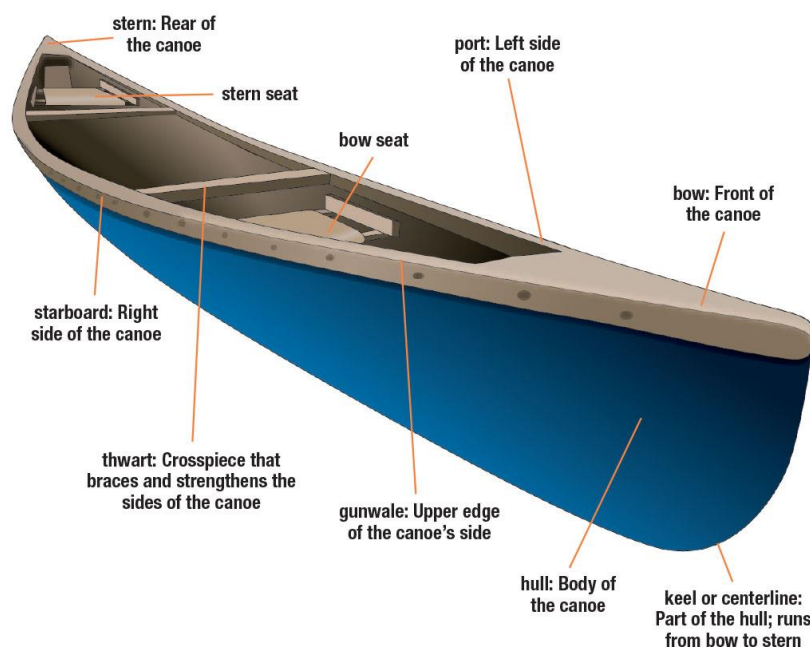
Choose a lifejacket for your weight range and make sure the size/cut of the lifejacket is suitable. It should fit snugly without being confining or riding up on your body. Make sure the neck section or collar does not sit up around your head. A crotch strap will prevent the lifejacket from bunching up around a small child's neck and prevent them from falling out of the bottom of the lifejacket.

<https://www.msq.qld.gov.au/Safety/Lifejackets.aspx>

Ideally the PFD will have a whistle attached to attract attention, if there is an emergency, or if lost. It is NOT to be blown at any time.

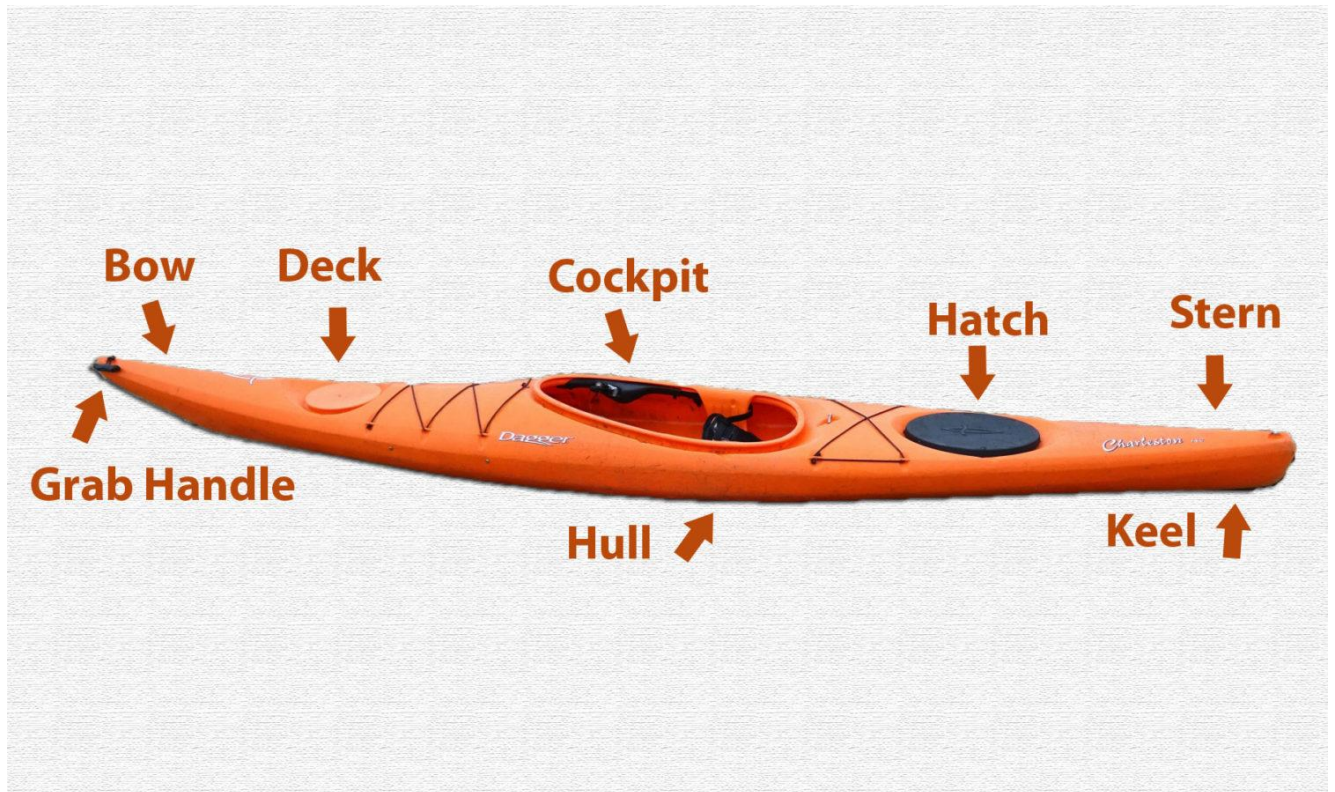
All Cubs to have a 'one off' test of the whistle on their PFDs once they are fitted.

Parts of a canoe



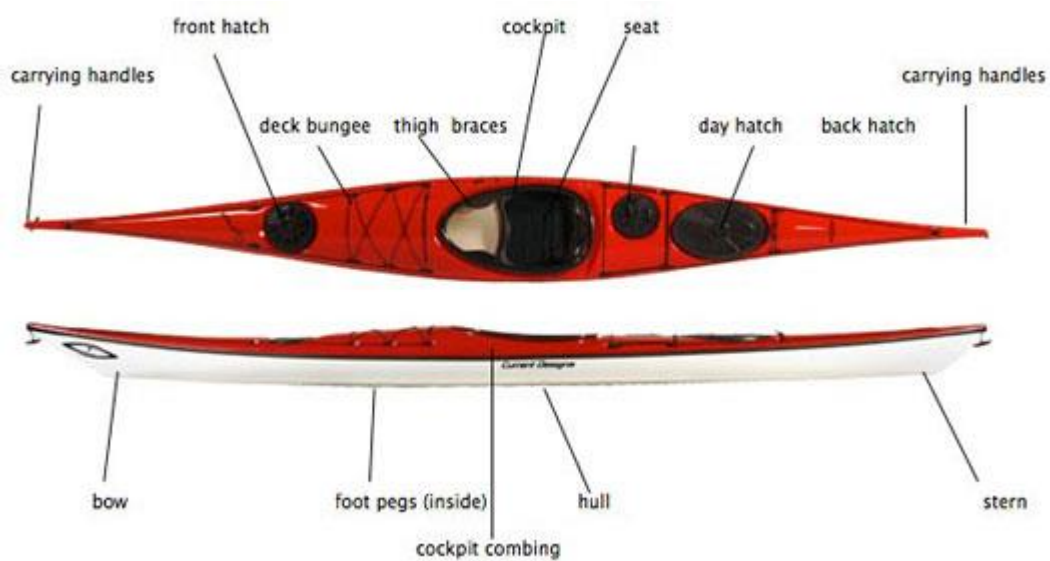
https://www.boat-ed.com/paddlesports/studyGuide/Parts-of-a-Canoe/11109901_700137127/

Parts of a kayak



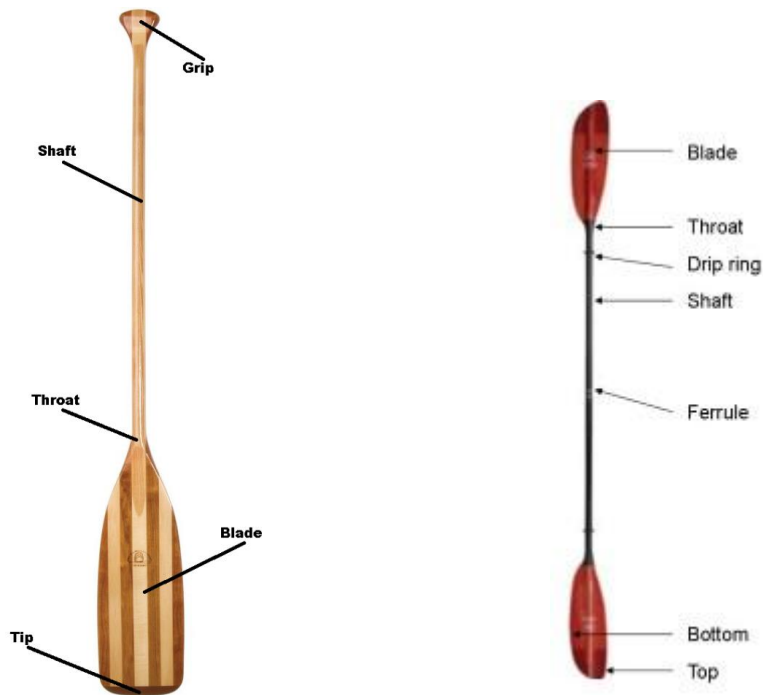
<https://www.americanpaddler.com/parts-of-a-kayak-the-basic-terms-and-anatomy-of-your-boat/>

Kayaks come in different shapes for different purposes – eg sea kayaks, touring kayaks, white water kayaks. Touring kayaks may have additional parts, eg hatches to carry gear, see below.



<https://www.capecodseasports.com/how-to/kayak-maintenance-storage-pg64.htm>

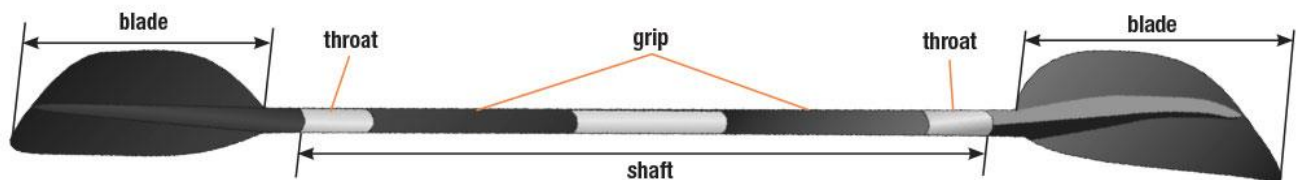
Parts of a paddle



Canoe paddle v Kayak paddle

<http://www.oldwoodencanoe.ca/equipment-2/paddles/paddles/>

<http://5-staryakpak.org/kayaking-101/kayaking-terminology/>



https://www.boat-ed.com/paddlesports/studyGuide/Kayak-Paddles/11109901_700137146/

Term Definitions:

Canoe/Kayak:

Deck – the top part of the kayak/canoe (may be the little flat bit at the front and back of a canoe).

Hull – the bottom of the kayak/canoe.

Bow – the front of the boat.

Stern – the back of the boat.

Port – the left side of the boat when facing forward.

Starboard – the right side of the boat when facing forward.

Canoe:

Gunwale – Upper edge of the canoe's side.

Thwart – Cross piece that braces and strengthens the sides of the canoe. Also often used as a hand hold when carrying the canoe.

Kayak:

Carry Toggle or Handle – some kayaks have handles at the bow and stern for carrying the boat.

Hatch – an opening in the hull that allows access to the bow and stern compartments in a touring kayak. The hatches are covered by a water tight hatch cover - to seal out water and to seal in air for buoyancy.

Cockpit – the open area in the middle of the kayak where you sit.

Deck Rigging – the stretchy and non-stretchy lines on the deck of a kayak.

Paddle:

Blade – the part of the paddle that goes into the water. When holding the paddle, the part of the blade facing backwards is the power face. For kayak paddles, the top of the blade is commonly longer than the bottom of the blade (make sure you are not holding your paddle upside down).

Shaft – the long, narrow portion of the paddle connecting the blades.

Throat – where the shaft joins the blade.

Drip Ring – for kayak paddles, a plastic collar on the shaft near the blades that helps prevent water from dripping from the blade down the shaft.

Ferrule – the connector that joins the separate pieces of the shaft on a two piece kayak paddle.

What size paddle to use?

Canoeing: As a rule of thumb, sit on a chair, place the grip (handle) between your legs, hold the throat backhand (with your knuckles turned towards your face), your hand should be about level with your nose.

Kayaking : As a rule of thumb to find the approximate paddle length: stand up straight, extend one arm above your head, and hook your fingers over an imaginary paddle. Your paddle should be about that length.

How to get in/out of a canoe (from shore)

A canoe must be ALL in the water or ALL on soft surface (eg grass/sand, not gravel) before anyone enters the canoe. NOT half in the water and half on bank as this risks breaking the canoe. Put a stick under a canoe and (without loading it) show how that would put pressure on the hull and potentially damage the canoe.

Normally the person in command of canoe holds it and puts the other paddler in first. The first paddler in the canoe then braces the canoe with their paddle while person in command gets in at back.

Option 1 (most commonly used if possible in launch location)

- Place the canoe parallel to shore
- Place paddle across the gunwales so you have something to lean on
- Grip both gunnels if you can reach them
- Lift foot that will be on the far side of the canoe when facing forward and place in the canoe on the centre line

- Place backside on seat
- Lift remaining foot and bring into the canoe
- REMEMBER – foot, bum, foot – stay low and keep your weight over the middle of the canoe

Option 2

- Place canoe perpendicular (or angled) to shore
- Step into the canoe and keeping low with weight over the centre line of the canoe, move forward to the bow seat.
- When the first person is settled in position, the other can step in.

To get out, do the same actions in reverse.

Paddle Strokes

Where does the power in a paddle stroke come from? NOT the arms. Power comes from body rotation. If use arms too much you get too tired and risk injury.

Forward Stroke:

- Most commonly used stroke, makes the boat go forward
- The better we do it, the more efficient it is, and the easier canoeing is
- Catch – reach the blade forward while rotating upper body keeping both arms as straight as possible (upper arm may need to bend a bit), keep the shaft as vertical as possible to the side of the boat (may angle backwards/forwards), plant the blade to full blade depth out near your toes
- Power – turn your body towards the paddle which draws the paddle backwards, avoid letting your upper hand get above eye level (or you put your shoulder at risk), keep paddle as vertical as possible drawing it back until it is next to your hips
- Recovery – cut the blade sideways up out of the water (just above the water), carry the paddle horizontally just above the water (ready to Catch)
- Note – does not push you in a straight line, tends to turn a craft

Back Stroke:

- Is the reverse of the forward stroke – that means the Catch happens behind you (not from hip to toe, but from behind you to hip)
- Catch – reach the blade backward while rotating upper body, keep the shaft as vertical as possible to the side of the boat (may angle backwards/forwards), plant the blade to full blade depth as far back as you can reach
- Power – rotate your body forwards drawing the paddle with it, keep paddle as vertical as possible drawing it forward until it is next to your hips
- Recovery – cut the blade sideways up out of the water (just above the water), carry the paddle horizontally just above the water (ready to Catch)
- Paddling beyond your hip in either direction gives very little power, will tend to turn the craft in unexpected ways, and wastes energy because you are ‘lifting’ the water rather than drawing your boat through the water
- We don’t turn or rotate the paddle in our hands, the power face always faces the rear of the boat (this is more obvious on a kayak paddle)

Sweep Stroke:

- There are two sweeps – forward and back
- Variation on forward and back strokes where you reach out widely with the blade
- To help turn the boat
- The action for a forward or back sweep varies depending on whether you are at the front or back of the canoe
- If you are at the front of the canoe, the whole stroke happens in front of you – starting at the tip of the boat and sweeping widely out to level with your hip (tip to hip), OR from your hip sweeping out widely towards the tip of the boat (hip to tip)
- If you are at the back of the canoe, the whole stroke happens behind you – starting at the hip and sweeping out widely to the tip of the canoe OR starting at the tip of the canoe until level with your hip
- If paddling a kayak the sweep stroke will go from tip to tip because you are sitting in the middle of the boat

How to paddle the canoe:

- The paddler in the back of the canoe is in control of the canoe - they have more effect over the direction of the canoe because they are further from the centre which is the pivot point (because of where the seats are)
- The front person and back person paddle on opposite sides of the canoe, and they each continue to paddle on the same side (ie they do not swap backwards and forwards from side to side) – this means some times the person at the back because of their position in the boat will ‘over paddle’ the person at the front and the boat will not go straight
- The forward stroke will tend to turn the boat away from the side you paddling on, and so by paddling on opposite sides that will be mostly correct it, but the stern paddler is likely to slightly over paddle the bow paddler and may slightly reduce size of stroke to keep the boat straight (other more complex strokes and manoeuvres are used by more advanced paddlers to manage this)
- The person in the front (the bow paddler) should set the tempo (how quickly you do strokes) – both paddlers should paddle at the same pace
- The bow paddler should be guided in what stroke to use by the stern paddler
- The most important thing is that the two paddlers talk to each other so they are both paddling to achieve the same thing, rather than paddling against each other

A Pirate Adventure – An Interactive Yarn to revise Parts of a Canoe/Paddle

The crew of the Flying Dragon pirate ship were preparing to launch on a new raiding adventure. Under the cover of darkness they were moving rations and supplies from their secret hideaway up the creek to the launch point for the Flying Dragon. Most of the crew had already left the hideaway when the Pirate Captain gave Pirate Pat and Pirate Sam the command to launch their canoe.

Pirate Pat and Pirate Sam went to the creek bank, each grabbed a paddle by the SHAFT and placed it in the HULL of the canoe. They each lifted the canoe by a THWART and carried the canoe towards the creek. One walked on the STARBOARD side of the canoe, and one walked on the PORT side of the canoe, with the BOW facing forward. They place the canoe in the water parallel to the creek bank and Pirate Pat held the GUNWALE to steady the canoes as Pirate Sam sat in the BOW SEAT, then Pirate Pat sat in the STERN SEAT.

They set off and had just placed the BLADE of their paddles in the water when from the creek bank they had just left the Pirate Captain yelled ‘Wait!’ You have forgotten something. I remember, it is this sack of spices to make our food bearable.” So Pirate Pat and Pirate Sam paddled the canoe back to the creek bank. Pirate Sam in the STERN SEAT braced the BLADE of his paddle flat on the bank while Pirate Pat held the GUNWALE and got out of the STARBOARD side of the canoe. Pirate Pat collected the sack of spices, tied it to the THWART, then held the GUNWALE as he got back into the BOW SEAT of the canoe. Holding the GRIP, they put the BLADE of their paddles in the water, pointed the BOW of the canoe down the creek and headed out again.

“Wait!”, yelled the Pirate Captain from the creek bank. “You have forgotten something. I remember, it is this small barrel of precious oils which I want to trade.” So Pirate Pat and Pirate Sam paddled the canoe back to the creek bank. Pirate Sam in the STERN SEAT braced the BLADE of his paddle flat on the bank while Pirate Pat held the GUNWALE and got out of the STARBOARD side of the canoe. Pirate Pat collected the barrel of precious oil, put it in the HULL, then held the GUNWALE as he got back into the BOW SEAT of the canoe. Holding the GRIP, they put the BLADE of their paddles in the water, pointed the BOW of the canoe down the creek and headed out again.

“Wait!”, yelled the Pirate Captain. “You have forgotten something. I remember, it is me!” So Pirate Pat and Pirate Sam paddled the canoe back to the creek bank. Pirate Sam in the STERN SEAT braced the BLADE of his paddle flat on the bank while the Pirate Captain braced his hands on the GUNWALE, got into the middle of the canoe and sat awkwardly (but regally) in the HULL. Holding the GRIP, Pirate Sam and Pirate Pat put the BLADE of their paddles in the water, pointed the BOW of the canoe down the creek and headed out again.

The Pirate Captain looked over the STERN of the canoe at the creek bank they had just left. Pirate Pat and Pirate Sam lifted the BLADE of their paddles from the water anticipating another return. But the Pirate Captain said nothing. He turned and faced the BOW of the canoe, and they finally continued down the creek to the launch point for the Flying Dragon.