

Paddling – Week 2 - August 2019

| Time | Activity | Description | Equipment/Leader |
|-------------------------|----------------|---|--|
| 6.30pm 10 min | Parade | Opening Parade (get out a canoe, place on grass) | Wombat Flag |
| 6.40pm 10 min | Activity | Parts of a Canoe / Paddle <ul style="list-style-type: none"> - Each six is to draw an overhead view of a canoe and paddle on in chalk on the floor of the den, label all the parts, and draw/list other items essential for a paddling activity - Revise the names of the parts/items and what they are for | Flamingo Chalk |
| 6:50pm 10 min | Yarn | Considerations for Canoe activities <ul style="list-style-type: none"> - What to wear paddling (day time / night time) and why - What to take and how to pack it - Taking care of equipment during a trip and how to pack up after (care of canoes and paddles) | Flamingo Canoe Plastic tub Dry bags |
| 7:00pm 15 min | Activity | Knotting for Paddling - Bowline <ul style="list-style-type: none"> - Discussion about how the bowline (and other Cub knots) could help in a paddling situation (see below) - Cubs to practice using bowline to attach items to the thwarts on the canoe (canoe outside on grass) | All Leaders Canoe Ropes Bailers (to tie on) |
| 7:15pm 10 min | Yarn | Paddle Safety <ul style="list-style-type: none"> - How does the buddy system work when paddling - Safety precautions before going on the water - Action on capsize - What to do if lost on the water - Forms of communication to use on the water - Awareness of rescue techniques?? - How to contact emergency services - Risks for paddling in different weather conditions - How and when to the latest weather forecast | Flamingo All |
| 7:25pm 10 min | Yarn / Game | Paddle First Aid <ul style="list-style-type: none"> - Basic risks of cold water - DRS ABCD – what it stands for and how to use it - DRS ABCD game (below) | All Leaders |
| 7:35pm 5 min | Yarn | Where to paddle <ul style="list-style-type: none"> - Where to launch, where am I allowed to paddle - Potential impact on environment - Common waterway markers | Flamingo All Leaders |
| 7:40pm 15 min | Activity | Paddling the Waterways <ul style="list-style-type: none"> - Draw the 'map' attached on den floor in chalk, add markers - Divide Cubs into 'canoe' crews - Cubs to 'travel' the waterways following the markers and describe actions when allocated scenarios below - (if time practice paddle strokes from last week) | Flamingo All Leaders Chalk |
| 7:55pm 5 min | Parade | Closing Parade | Wombat Flag |

Badge work

Boomerang tasks:

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

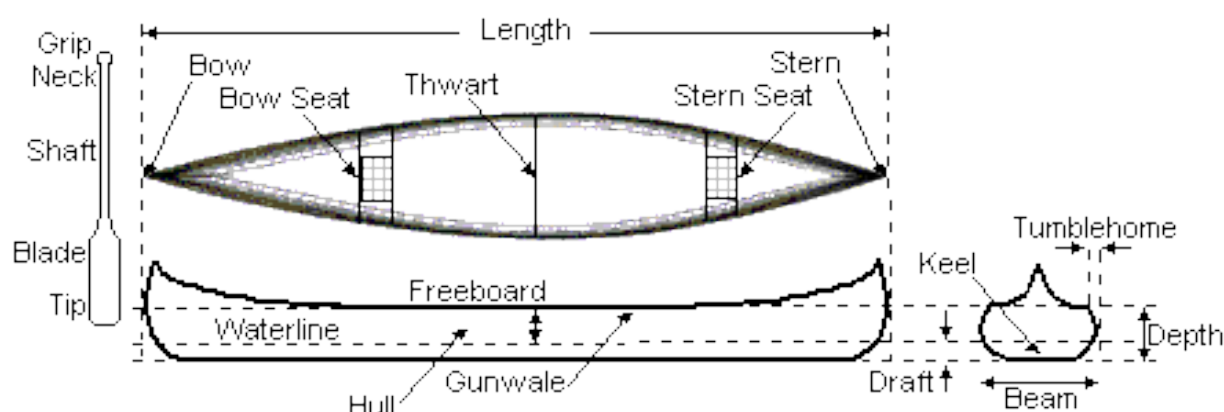
Achievement badges:

| Badge | Level | Task |
|-------|---------|-------|
| Canoe | Level 1 | 3,4 |
| | Level 2 | 1,4,6 |

OAS - building competency in the following areas:

| Skill Area | Stage | Target Competency |
|------------|---------|--|
| Paddling | Stage 1 | Plan – 3 Do – 3, 8 |
| | Stage 2 | Plan – 2, 3, 4, 5,6, 7 Do - 3, 7, 8 |
| | Stage 3 | Plan – 1, 2, 3, 4, 7, 8 Do – 1, 12 |

Parts of a Canoe / Paddle



<http://www.oocities.org/gchafe/528canoeskills.html>

Term Definitions:

Canoe:

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

Hull – the bottom of the 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.

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.

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.

Considerations for Canoe Activities

What to wear paddling (day time / night time) and why

- Dress for the conditions, and with the assumption that you might fall in
- Layering is good
- Cool weather / evening – polar fleece or wool jumper (cotton too cold if wet), windproof jacket, synthetic trousers (not jeans - too heavy if wet), rashie top underneath
- Warm weather / day – sun safe clothing – hat, long sleeved rash vest/shirt, sun screen (including face and backs of hands, and leg – particularly tops of thighs) – out in the open exposed to sun AND reflection off water
- Have clothes to change into if needed – what will you wear after paddling or if wet
- Footwear – you must wear shoes that you plan to get wet – water shoes, old sandshoes – no thongs

What to take and how to pack it

- First aid kits and similar gear should be readily accessible. Also readily accessible will be map or chart and other navigation items, and spare paddle. Communications gear is perhaps best in a PFD pocket.
- For canoe or kayak journeys clothing, camping gear, food, and other items are carried in waterproof bags or other containers.
- Lighter gear should go in the ends of the boat, heavier items amidships. This means that handling of the boat will be affected less, and stowing heavy items low will aid stability.
- Smaller items (eg first aid kit, water bottle, sponge, bailer, small dry bags) and items likely to sink should be tied to the canoe in case of capsize. Larger buoyant items can be retrieved once the canoe has been righted. Tying on larger buoyant items, such as barrels, makes it more difficult to turn a capsized canoe and increases the risk the paddlers will be tangled in the lines. Priority is safety of people.

Taking care of equipment during a trip and how to pack up after (care of canoes and paddles)

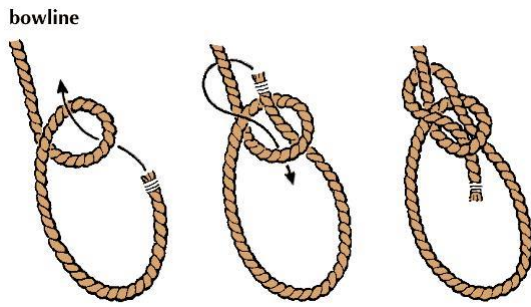
- During the paddle avoid running ashore or running into things in the water so the boat is not damaged
- The paddle is for paddling – it is not a shovel, it can be used for light pushing off
- After paddling boats and equipment need to be washed, especially if paddling in salt water because the salt rots and corrodes.
- Equipment like ropes and PFDs need to be carefully dried and aired to avoid mould.

Knotting for Paddling

Uses for Cub knots when paddling:

- Reef knot – can be used to secure the top of water proofing bags
- Sheet bend – can be used to join ropes, eg for an anchor or buoy, or longer rope to tie boat on
- Clove hitch – can be used to tie items to the thwart
- Bowline – can be used to secure items in the boat, used to tie the boat to the shore

We are going to practice with the bowline.



<https://obsailing.wordpress.com/2016/07/04/first-blog-post/>

Paddle Safety

How does the buddy system work when paddling?

- We tend to buddy boats as well as the paddlers within the craft.....if you tip over, the best thing to have nearby is a boat that hasn't tipped over to help you

Safety precautions before going on the water?

- Notify someone where you are going and for how long
- Check equipment, check weather, check tide

Action on capsize?

- Hold on to your paddle (if you can, if not let it go – don't swim after it)
- Stay with/hold to the boat (if you can – if not, let it go – don't get squashed by it)
- Make sure your buddy is OK
- Signal to other boats that you are OK and that you need help – call, wave, whistle
- Paddling signal – 'fist on head' – means 'Are you OK' and 'I am OK' – mirror action
- Stay calm and float in your PFD, wait for instructions

What to do if lost on the water?

- Stay with the boat
- Make your way to shore if you can
- Secure the boat, and if possible move on to dry land
- Make yourself visible, and seek help
- If you have to move, try to leave indications of direction taken

Forms of communication to use on the water?

- Paddling signals
 - 'fist on head' – are you OK, I am OK
 - 'paddle straight up' – come to me
 - 'paddle held above head horizontally' – stop
 - 'paddle held out in a particular direction' – go that way
- Whistle – short blasts to attract attention, if in real trouble 3 steady blasts repeated
- Radio – may have, to talk amongst paddlers or to others (eg coast guard, emergency channel)
- Mobile phone – if water proof and appropriately tied on (not everybody need phone/radio)
- For longer journeys or open water – also other communications eg flares and PLB (Personal Locator Beacon)

Awareness of rescue techniques?

- If capsized the boat can be rescued by swimming it to shore and emptying it out, or another boat helping to empty the capsized boat and get the swimmers back in – follow instructions of more experienced paddlers

How to contact emergency services?

- 000 via phone – search and rescue is directed by Police (they will decide who is needed, eg coast guard, water police)
- If someone has a radio - VHF marine radio – Channel 16

Risks for paddling in different weather conditions?

- Wind – will make it harder to control the boat, winds over 15 knots (for kayaks) and 10 knots/18 km per hour (for canoes) are almost impossible to paddle in except by very experienced paddlers
- Rain – visibility is majorly reduced, ability to hear other paddlers/craft (even motorised) is reduced, the comfort level of the paddler is impacted (are you appropriately attired for the temperature)
- Lightning – is particularly dangerous for paddlers (you are out in the open, you are the highest point, holding a stick which will conduct electricity), if there is risk of lightning get off the water
- Sun/Heat – must have enough drinking water and sun protection
- Cold – adds to risk of hypothermia

How and when to check the latest weather forecast?

- Bureau of Meteorology (BOM) website or smart phone app / news on TV or radio / newspaper
- For coastal waters, marine specific weather should be checked – specific apps/websites
- When planning (can check tides in advance), the day before, just before you leave (the outlook can change)

Paddle First Aid

Basic risks of cold water

- Cold shock – response to falling in very cold water – signs: sudden intake of breath, difficulty breathing, inability to swim, confusion – outcomes: hypothermia
- Hypothermia - when the body loses heat faster than it can produce heat, causing a dangerously low body temperature – signs: shivering, blue lips, slurred speech, confusion – outcomes: leads to making poor decisions, feeling lethargic, falling asleep, may have feeling of warm and peacefulness (which may lead to drowning and/or death)
- Treatment for hypothermia – remove from the water, get them warm as appropriate depending on how cold they are – eg give food and keep paddling, or pull out space blanket/warm clothes and shelter from wind, or get to shore and send for help
- Managing the risks – plan: monitor weather, dress appropriately, do swift rescue, check/treat for hypothermia, review: maintain ongoing check on patient (paddling on is good as the patient creates heat, but needs to be monitored so if they don't improve further action can be taken)

DRS ABCD – what it stands for and how to use it

Danger, Response, Send for Help, Airway, Breathing, CPR, Defibrillator.

Danger considerations when paddling - drift while focussing on casualty, location of patient (get them out of the water if possible), creatures & critters while getting in and out, other craft (stay out of the way and stay visible)

DRS ABCD game

Explain and show all the actions and their meanings before game starts.

Start by jogging in a circle. When leader calls out one of the above action plan the cub needs to perform action to simulate what is called. Gradually call actions more and more quickly.

“Danger “ Put hand to brow and look left to right.

“Response” Cub says ‘Are you ok mate’ while pretending to (gently) shake the patient.

“Send for Help” Cubs make telephone shape with hand as though calling for help

“Airway” Finger on chin and open mouth. To represent looking at the airway to make sure there are no obstructions.

“Breathing” Cup on hand around ear to represent listening for breathing and tilt head to side to look for rise and fall of chest.

“CPR” Place one hand on top of the other and simulate a small pumping up and down action.

“Defibrillation” Rub palms together in front of you and then point palms to ground, simulating a jolt of the hands when the Defib goes off.

Keep all the actions in the right order, but call actions more and more quickly. Confirm the order with the cubs at the end. “So what is the first thing that you do when you come across an accident? Danger, Response etc.”

Where to paddle

Where to launch, where am I allowed to paddle

- Allowed to paddle in dams, lakes, rivers and creeks (ensuring rivers and creeks don’t have rapids or moving water beyond your ability) – coastal waters (waves and surf) require additional skills
- Some dams and lakes require permission to paddle
- Some rivers have exclusion zones - eg water pumping areas, traffic restrictions
- Be aware of contamination risks – algae, bacteria
- Launch points – from boat ramps, stable banks, pontoons

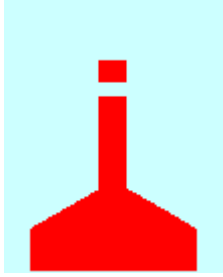
Potential impact on environment

- Minimal
- Launch and landing – be careful minimise damage to plant life and animal habitats, minimise erosion
- Don’t drop rubbish in the water

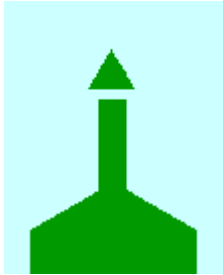
Common waterway markers

Lateral marks - show the port (left) and starboard (right) sides of navigable waters or channels.

A port mark is red with a square or rectangle shape



A starboard mark is green with a triangle or cone shape.



Paddle craft may pass on either side of the markers but should be aware that larger craft will follow the following rules -

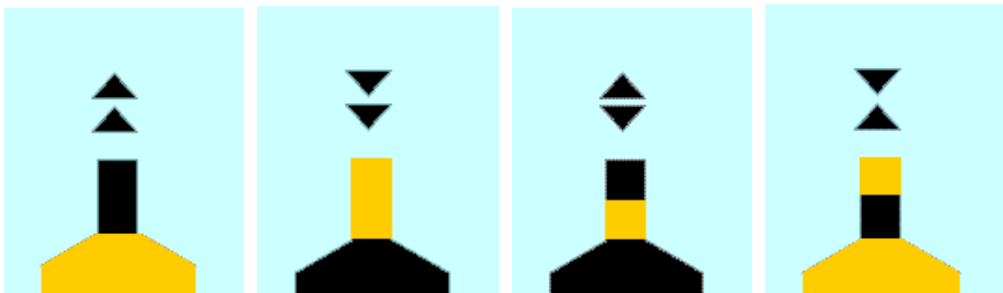
When travelling upstream or away from the sea:

- keep port (red) marks on your port-hand side (left)
- keep starboard (green) marks on your starboard-hand side (right).

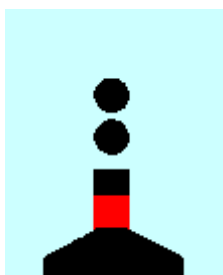
When travelling downstream or towards the sea:

- keep port (red) marks on your starboard-hand side (right)
- keep starboard (green) marks on your port-hand side (left).

Cardinal marks – two black triangles on top of a black and yellow pole show where the deep water is. The pattern of the triangles will show the direction of the deep water.



Isolated danger marker – shows where there is an isolated danger that has navigable water all round it (for example, an isolated shoal, rock or wreck) – but don't pass too close - two black dots or spheres on top of a red and black post



<https://www.msq.qld.gov.au/Safety/Navigation-buoys-marks-and-beacons>

Paddling the Waterways

Draw the 'map' attached on den floor in chalk. Divide Cubs into 'canoe crews' (pairs).

Cubs to 'travel' the waterways miming paddling.

When the Leader says 'stop' all Cubs freeze and observe where they are on the waterway.

Cubs in nominated 'canoes' answer the questions from one of the scenarios below before paddling on.

Repeat until all 'canoes' have had a turn at answering questions and/or all scenarios have been addressed.

(Many scenarios can be repeated, and the answers for some will differ depending on where the is located on the map).

Scenarios:

- Your canoe has just capsized, what do you do?
- Where did you launch your canoe and why?
- How would you signal to other paddlers in your group that you need help?
- You have become separated from the rest of your paddle party and are lost, what do you do?
- Where did you check the weather before you came out?
- What stroke are you using to paddle?
- If you had to get you boat out quickly, where would you land?
- What time of day is it? What is the weather like? What did you decide to wear on you paddle adventure?
- What are you carrying in your canoe?
- What is that marker near you? How can you tell? What does it mean?
- One of your paddlers just fell overboard and the water is cold? What would you watch out for once they are back in the boat? How would you manage that?
- Which side of the canoe are you paddling on? Why?

(To be revised again during the paddle down the creek when real conditions can be observed)

