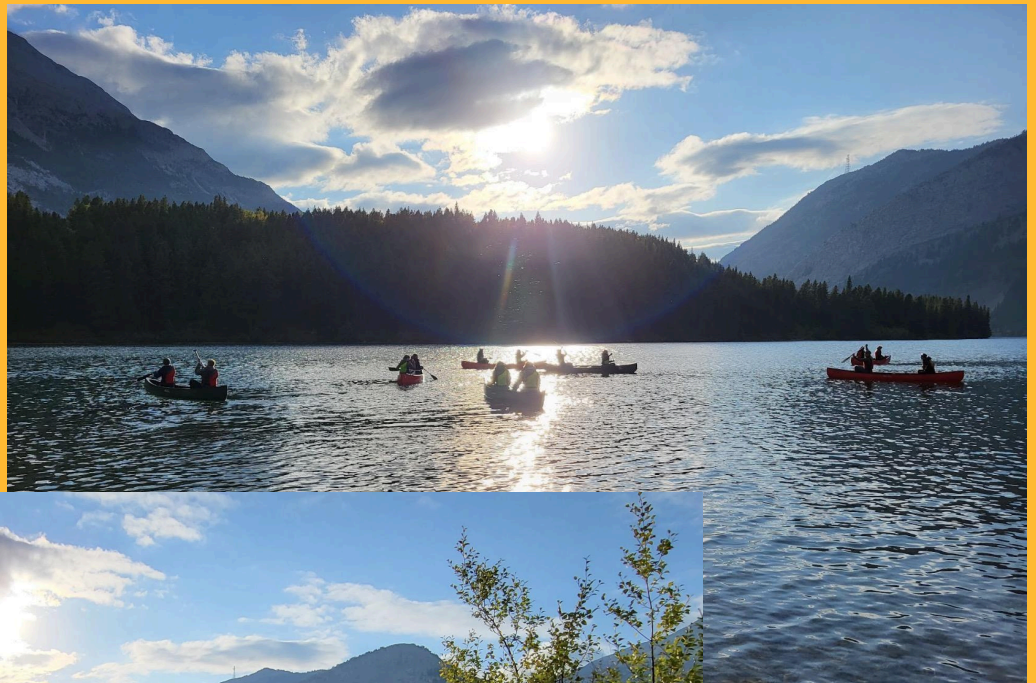




Tandem Lake Canoe Basic Skills Program



**Livingstone
Range**
SCHOOL DIVISION



Introductory Tandem Lake Canoe Basic Skills Programming

The canoe has played a significant role in Canada’s history and heritage. From coast to coast to coast, canoeing has been a foundational travel and exploration tradition of various Indigenous groups that we are so fortunate to share today.

This programming offers Livingstone Range Division students the opportunity to use their community as a classroom. They will explore basic tandem lake canoe skills and safety protocols to become better paddlers and more aware of the pleasures and dangers of water recreation. We host this programming on Crowsnest Lake (but are willing to travel to your local waterfront - weather and safety dependent) located in Treaty 7 Territory. Whether your class can paddle for one or six days, PEAKS will provide facilitation of basic canoe theories and practical skills which align with Paddle Canada course requirements so that students are successful and safe on the water.

***If you have interest or have any questions about this program, please contact [PEAKS Campus](#)**

Post Experience Survey: <https://forms.gle/oDWrnqckGv5uxwBU6>

***Must be completed by all participating students at the end of programming.**

Learning Outcomes

PEAKS Campus utilizes the following Alberta Education competencies as guiding principles to student education:

CRITICAL THINKING

COMMUNICATION

PROBLEM SOLVING

COLLABORATION

MANAGING INFORMATION

CULTURAL AND GLOBAL CITIZENSHIP

CREATIVITY AND INNOVATION

PERSONAL GROWTH AND WELL-BEING

Competencies are combinations of attitudes, skills, and knowledge that students develop and apply for successful learning, living, and working. Our team building activities challenge students outside of their comfort zone by putting them in unfamiliar situations that help students draw and progress what they know, how they think and what they can do.

For more specific outcomes, click the following links below:

- [Division 2 Learning Outcomes \(Grade 6 Only\)](#)
- [Division 3 Learning Outcomes](#)
- [Division 4 Learning Outcomes](#)



What to Expect

What to expect and assess is as follows. At the end of this program, students will understand the following:

SAFETY AND RESCUE

Theory:

- TC Regulations
- Designated Paddling Area
- Environmental Hazards
- Cold Water Concerns & Hypothermia and Clothing Rescue Procedures
- (RETHROG= reach/throw/row/go)
- Help & Huddle Positions
- Expanding Ones Skills
- Buddy System (responsible for your partner’s well-being)
- PC PFD Policy: Always Wear It!

Practical:

- Warm Up to Reduce Paddling Injuries PFD Selection
- Body Mass Centred in Canoe
- Canoe Stability (sitting vs kneeling)
- Basic Whistle Signals
- If time allows for the following:
- Rafting Rescue (Instructor Demo)
- Canoe over Canoe (Instructor Demo) Canoe Towing Rescue (Instructor Demo) Shore based Throw Bag Rescue (Instructor Demo)

PADDLING SKILLS

General:

- Enter & Exit Canoe (shore or dock) Balance
- 3 Point contact
- Paddling Positions
- How to Hold a Paddle
- Switching Sides
- Paddling Mechanics (paddling in cadence)
- Rafting up Landing

Strokes:

- Forward
- Reverse
- Check (stop)
- Draw
- Pry
- Rudder or J Stroke

Manoeuvres:

- Forward Paddling
- Pivoting the Canoe
- Paddling in Cadence
- Stopping
- Backing Up

KNOWLEDGE

- Canoe & Paddle (parts and terms)
- Equipment (selection and care)
- Personal Outfitting (clothes, water bottle, etc)
- Basic Canoe Lifts and Carries (tandem & underhand)
- Painters (selection, care, storage, and securing to canoes)
- Safe Paddling Practices (paddling in a group, telling people where you are going, etc.) Course Limitations
- Additional Courses
- Canoeing Resources
- Local Paddling Clubs or Groups
- Paddling Etiquette (on & off the water)
- Canoe National Symbol

