

# CANOEING

This one day programme is £18 per pupil and will take a maximum of 15 pupils.

## 10.00 am

Meet at the top of Caen Hill Flight of Locks, Devizes (£2 charge for parking)  
Dry session on the canal side to include:

- CARRYING CANOES
- HELMETS
- BOUYANCY AIDS
- PADDLING DRY STROKES
- WARM UP



## 10.30 am

Getting into the canoes. Practicing strokes (tailored to group ability):

- SWEEP/REVERSE
- DRAW
- FORWARD PADDLING
- CAPTAIN/CREW

} Rest/snack as appropriate

## 12.30 pm

### LUNCH

## 1.30 pm

- GAMES/FUN
- RESCUE (if appropriate)
- RAFTING
- TOWING/TUG OF WAR

## 2.30 pm

- GETTING OFF THE WATER
- LOADING CANOES
- CHANGING
- HOT DRINK (as necessary)

## Ready to leave

EVERYONE (including staff) must bring:

- Change of clothing/footwear
- Waterproof top/light cagoule
- Water/drink/snack
- Lunch

