

Canoeing

Course Details:

- **Age range suitability** : Years 4 - 6
- **Max Number of Students** : 15
- **Ratio** : 1 adult to every 8 children (+ additional SEN support if required)
- **Additional Information:** Appropriate old outdoor clothing needed. All students must bring a **complete** change of clothes and shoes and a towel.

Could you learn to paddle a traditional open canoe? Can you paddle in a straight line, turn left, right, 180 degrees or even 360 degrees? This course is designed to introduce students to the challenging but fun filled world of open canoeing. The day can be based on static ponds at Caen Hill or used as a journey using the canal to travel from Devizes Wharf to London Road Bridge.

Arrival Time: 10:00—10:30

The days activities are explained along with an introduction about the equipment being used and the necessary safety precautions.

Please note, All supervising Staff will be required to go onto the water. Braeside will provide qualified staff to teach the session but they should not be included in the Staff ratio numbers. Please also be aware there are no toilets at either sites used for canoeing.



The session will start with a bank-side introduction to include information on Water Safety, how to carry a canoe and the correct fitting of helmets and buoyancy aids. Students will then be placed into groups of 2 or 3 per boat. They will learn on the dry land simple forward, reverse and stopping strokes, and rescue techniques. Once the groups show confidence in their ability to work together to manoeuvre their boat, the session will move onto the water.

Depending on the groups ability the session will progress to include more complex stokes such as Sweep strokes and Draw strokes, and will teach the group how to raft the boats together to make one large stable platform.

Lunch time: Students will eat their packed lunches brought from home.

After lunch the session will develop so that all these new skills can be put into practice, this may include a journey along the Kennet and Avon Canal, learning to steer around obstacles and following the Waterways Code of Conduct, or to join in some action packed and fun filled games, involving ball tag, titanic statues, bobbing and tug of war. Depending on the weather conditions students may have the opportunity to play sink the boat, and practice their capsizing and rescue procedures!

The session will end with safety procedures for exiting the water, loading the canoes and returning all kit.

Finish 2.30 – 3.00 Students will change into spare clothes if necessary to travel home. **(It is essential that every child and adult brings spare warm clothes including shoes and a towel.)**