

A Day On The Water

(with a paddle and canoe)



Course Details:

Learn or develop your open canoe skills with this 6 hour day of canoeing. The day will consist of an introduction of equipment, safety precautions, paddling strokes and many key skills for canoeing.

Participants will work in groups of 2 throughout the day. They will learn simple paddling skills such as forward, reverse, stopping strokes and also rescue techniques. Once the groups show confidence in their ability to work together to manoeuvre their boat, the session will move onto the water. Once out on the water, and strokes are being carried out competently, the instructor will move onto more complex strokes such as sweep strokes, draw strokes and further paddling/canoeing skills. After lunch a canoe journey will be undertaken, where the instructors will assess individuals abilities and will award the Brae-side

Canoeing Award to students showing a solid understanding of canoeing techniques, as well as key skills such as communication, teamwork, co-ordination etc.



Course Overview:

- **Age range suitability** : Years 7 - 13
- **Ratio** : 1 adult to every 8 young people (+ additional SEN support if required)
- **Additional Information:** Appropriate old outdoor clothing needed. All students must bring a **complete** change of clothes, shoes and a towel.
- **Arrival Time: 10:00am**
The days activities are explained along with an introduction about the course, Equipment and safety precautions.
- **Departure: 4:00 pm**
- **Cost: £34 per student**



Is This Course For You?

- Are you confident in and on the water?
- Can you swim 50 metres?
- Can you work in a team?
- Are you unlikely to panic in new situations?
- Do you enjoy a challenge?

Lunch time: Students will eat their packed lunches brought with them. These can be put in our dry bags.

Aims Of The Day:

- **To gain your Braeside Open Canoe Award**
- To develop key skills when working as a team.
- To learn / develop canoeing skills
- To contribute to solving problems.
- To gain more confidence when working in new situations.
- To improve communication skills.