

OUTLINE OF 3-DAY SCHOOL PROGRAM

(Approximately ½ hour of class time per day)

Class size: maximum 30 students

Student equipment: 6 touring kayaks, 2 whitewater kayaks, 2 recreational kayaks, 2 sit-on-tops, 12 paddles, 6 paddlefloats, 6 sprayskirts, 6 pumps, class handouts, PFD's

Instructor equipment: paddles (whitewater, wing, Greenland, touring, symmetric, 4-piece) pool skirt, pool PFD, booties, wetsuit, paddle jacket, drysuit, fleece clothing, pogies, gloves, neoprene hood, helmet, throwbag, towbelt, pump, paddlefloat,

DAY 1

Types of Kayaks (recreational, touring, whitewater, sit-on-top)

Parts of a Kayak – terminology (hull, deck, bow, stern, hatches, cockpit, coaming, decklines, bungees, grab handles)

Parts of a Paddle – terminology (shaft, blade, drip rings, ferrule, power face, backface, edge)

How to hold a paddle

Getting in and out of the kayaks safely from the pool deck

Learn first basic strokes (forward, reverse, sweeps)

DAY 2

Safety equipment for kayaking (PFD, towbelt, paddlefloat, throwbag, helmet, pump, VHF radio, strobe, flares)

Types of Paddles (asymmetrical, symmetrical, touring, whitewater, Greenland, wing, take-apart, feathered, unfeathered)

Putting on a sprayskirt

Demonstrate wet exit and paddle float re-entry

Have students pair up and perform wet exits and paddle float re-entries

DAY 3

Dressing for paddling (importance of dressing for the water temperature)

Divide the class in half. Half of the class will see a demonstration of an assisted re-entry and perform on if time permits. The other half of the class will play a game of modified kayak polo supervised by the regular instructor. At the approximate halftime, the classes will switch so that both groups of students will get to do both activities.

SUGGESTIONS FOR RELATED TOPICS THAT CAN BE TAUGHT BY THE REGULAR P.E. TEACHER AS PART OF THIS UNIT:

Using kayaking as a fitness activity

Using weight training, aerobic activities, and yoga/stretching to improve fitness for kayaking

Importance of swimming skills for people participating in water sports

Navigation (using charts and compasses, nautical "rules of the road")

Reading river features (current, eddy, eddyline, downstream V or tongue, upstream V, hole, pillow, standing wave, wave train)

Wind, waves, and weather – how they are formed and how they affect paddling. Learning to read the warning signs of approaching bad weather.

When possible, it is always nice to culminate this unit with an actual trip on a lake or river giving students a chance to experience the sport in a real world setting.