For a more detailed description of the Wolf Ridge Canoeing class, including concepts, set-up, and background information, please read through the Canoeing lesson plan, request from liaison. Due to the vagary in our weather ALWAYS check in with liaison at dinner before canoeing to ensure conditions are suitable for canoeing.

#1 Introduction
Greet the students as they enter the classroom or meeting area. Share that they will be canoeing today on Wolf or Raven Lake, and what makes that opportunity special. Discuss clearly and specifically which behaviors you expect from your students during the next 1.5 hours. Explain the need for respect; for you, for each other, for the equipment.

Explain that at the end of class, you will be asking for them to relate their experiences and that we will end our class with a very important question: "How can canoeing be an environmental education experience?" Have them relate a memorable experience about canoeing. Ask why they canoe. Allow 20-30 minutes travel time to canoe docks.

#2 Safety Management
- Students will be checked for proper clothing before departure.
- Be prepared to adjust to any weather conditions (wind, rain, lightning, etc.).
- A First Aid Kit is available at the life jacket rack at the canoe landing. Any safety concerns should be brought to Wolf Ridge staff.
- All canoeing instructors must be comfortable with conducting a basic water rescue from a canoe (i.e. reaching rescue followed by towing to shore) while wearing a PFD.
- All persons must wear a Personal Flotation Device that has been checked by an adult for proper fit (snug enough that the shoulders of the vest can not rise above the head).
- Participants will be informed of proper conduct while in a canoe: no standing or sudden movements, stay seated on seats or floor of canoe, no sitting on thwarts.

moving at a time. The first person crouches on the floor in the middle of the canoe, on elbows and knees with head down between their elbows. The second person then moves slowly, staying low, hands on gunwales, in a crouched position, steps over the "turtle" on the floor. Once the moving person is seated with paddle in hand and stabilizing the canoe, the "turtle" gets up slowly and moves to their seat.

C. Exploration
Once students are set in their canoes and have practiced techniques, the rest of the time is for exploring the lake. Remind students when they will return to the dock and to stay by the shoreline if it is windy.

D. Returning to the Dock
As much as 30 minutes may be needed for the whole group to reach the dock, especially in wind. In the event that student paddled canoes can’t make it back, the instructor or another adult may put the children in their canoe (sitting on the floor) and tie the bow painter of the student canoe to the stern of the adult canoe and tow the empty canoe back. An adult should reach the dock first, to assist with student landings, return of equipment to the racks and focusing children to help each other.

#6 Conclusion
The question we should be asking is "How is canoeing environmental education?" or "Why does Wolf Ridge have a canoeing class?" We probably won’t get pummeled with answers so . . . "Did you enjoy canoeing today? " Likely most would answer "yes!" Now the important question. "Why?"

#7 Clean Up and Travel Back
Assure that all canoes have been neatly stacked upside down on the rack, lifejackets are hung and paddles stored upright (with tip down) in bins. Travel back to the ridge, gathering students at each intersection.
C. Personal Flotation Devices (PFD's or Lifejackets)
At Wolf Ridge everyone must wear lifejackets at all times on the water. Demonstrate proper donning of the PFD and fit - snug around the middle and the shoulders of the vest should not be able to rise above your head. All persons should be checked for proper fit of their PFD.

#5 On The Water

A. Safety
Clearly list expectations for behavior on the water to avoid such things as canoe “ramming wars” or “splash wars.” Adults should be spread out among separate canoes for maximum supervision. Landing is only allowed at docks on the lake (except in emergencies).

One of the first canoes out should have an adult for supervision. Instruct students to stay near the dock, paddle around while practicing their different paddle strokes. Once all canoes are out, gather the group and correct any bad habits (i.e. improper holding of a paddle) and strongly encourage paddling on different sides using your strokes to maneuver rather than switching sides.

Windy weather warrants the instructor assigning partners, to avoid two very lightweight people in a canoe, you can add a third person as well. Stay close to shore and the instructor should be the last canoe or “sweep boat” in the line with the other adult as the “lead boat”.

B. Canoeing Instruction
Loading Canoes: Flip a canoe over on the rack and slide if off. One person should be on either side, carrying the canoe by the gunwales to the water edge. One person steadies the canoe at the dock edge, while the other loads.
Team Paddling: Review of strokes and positive reinforcement of the teamwork taking place will be needed.
Trading Places: Trading should only be done along side shore. The Turtle technique should be used: Only one person is up and

• The instructor will maintain a canoe in a position that allows visual supervision and best possible voice contact at all times
• Capsized canoe: The canoes will float. While floating in your PFD, keep a hold of the canoe, wave an arm and yell loudly to alert others in the group.
• In the event of an approaching thunderstorm, stay alert to rapidly changing conditions. If needed, seek emergency shelter away from the water, on any shoreline of the lake. If you hear thunder within 30 seconds of seeing thunder participants should be pulled off the lake.
• When the combined air and water temperatures are 90 degrees or less, instructors should be prepared to implement an alternative plan.
• In the event of a capsized canoe, remain calm and help others to do the same. Retrieval of any equipment left in the water should immediately follow the care of people. Items that have floated near shore are easy to retrieve; if in need of a deep water retrieval of a canoe, a "T-rescue" or "Canoe over canoe rescue" may be needed. (See diagram) It is best done with two or more rescuing canoes "rafted up" for stability. Do not attempt a rescue in a lone canoe unless you have practiced the "T-rescue" before.
#3 On Land Orientation

Using Wolf Ridge equipment as models, give students an overview of canoes, paddles and life jackets.

A. Canoes

Pull a canoe off the rack, and use it to point out the evolution, composition and parts of a canoe as you talk.

History: Boats have been around for thousands of years. What makes canoes special is their small size, usually for one or two people, and their narrow double-ended shape, making them easy to steer on rivers and small lakes. Canoe building reached its highest form in North America. The birch bark canoe was light enough to carry over portages and was very maneuverable.

Parts:

• Bow: Front end of a canoe
• Stern: The rear or back end of canoe
• Thwart: Cross piece, which provides strength and stability to a canoe. Not to be sat upon.
• Yoke: Cross piece made for carrying a canoe upside down on your shoulders over portages. Not to be sat on.
• Gunwales: Structural supports for the sides of a canoe. Located on the uppermost portions of the sides and extending from the stern to bow on both sides.
• Hull: The body of the canoe. In plastic canoes like ours, the hull also provides flotation of the craft if swamped. Laminated inside the hull is a layer of foam with air bubbles.
• Painter: A length of rope attached to the bow and/or stern. Painters can be used for tying off to a dock or tree on shore.

B. Paddles and Strokes

Have students select a paddle that fits them. The grip should come to about their chin or nose. Ask them to rest the blade on their foot, not on gravel or between cracks of the dock, so it doesn’t get damaged. To hold a paddle correctly, one hand should be over the grip and the other at the throat.

Paddle blade should be placed all the way into the water to get the most energy out of your stroke.

Basic Strokes:

- Forward Stroke (for power)
- J Stroke (in the back for steering)
- Draw Stroke (for moving sideways)