

CANOE INSTRUCTION...

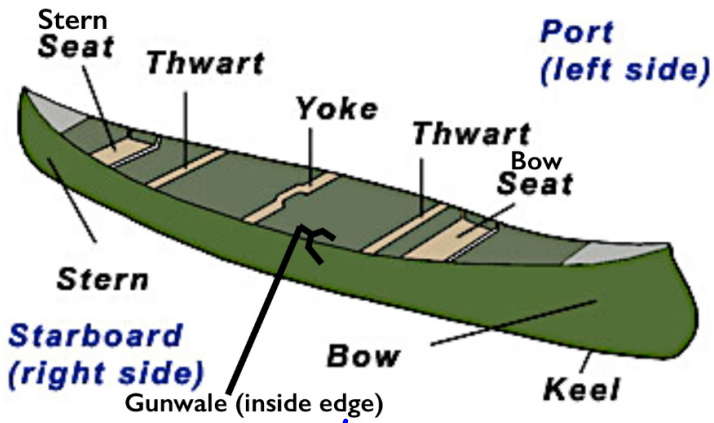
Flatwater/Tandem/Moving Water



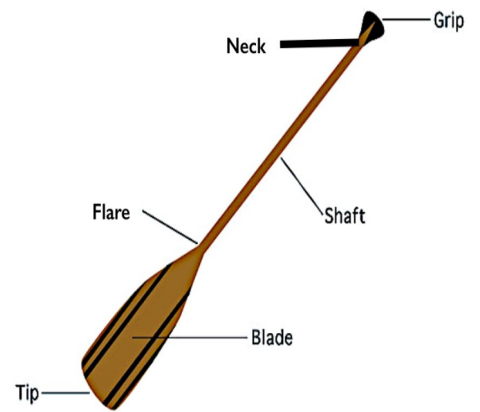
<https://www.youtube.com/watch?v=ecStrF15o-4>



Parts of a Canoe:



Parts of a Paddle:



Gunnels
*** Must KNOW and USE these terms!!!

<http://www.canoeingbasics.com/>

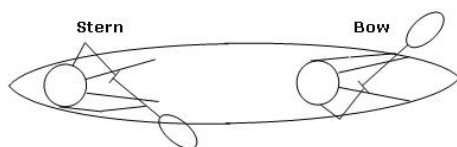
Canoe Steering

Steering your canoe, getting it to go where you want, when you want, will be the most challenging part of learning to canoe for most people. Understanding and applying the basic keys of canoe steering will help you learn more quickly (and with less frustration) once you get out on the water.

Key #1: Paddling Roles

The person paddling in the **front** is called the **bowman**. The primary purpose of the bowman is to "provide power." The bowman also sets the pace, watches for obstacles the sternman may not be able to see, and alerts the sternman when they see an imminent obstacle (a rock, stump, etc.).

The person in **back** is called the **sternman**, and their primary responsibility is to steer. The sternman also calls out "Switch" when it's time to switch sides, and calls out "Right Draw" or "Left Draw" when he needs the bowman's help to steer.



Key #2: Paddle On Opposite Sides

As a basic rule of thumb, the bowman and sternman should always paddle on opposite sides of the canoe. This will help your boat go straighter, and it will make it more stable.

Key #3: Paddle In Time With Each Other

You should both begin and end each stroke simultaneously. The bowman sets the pace, the sternman takes each stroke in sync with the bowman. This will maximize your efficiency and stability.

Key #4: Get Your Boat Trim

Your "trim" is how level (or unlevel) the canoe sits in the water. If you weigh 200lb and your paddling partner weighs 80lb, your boat will not be sitting level in the water unless you load down your partner's end of the boat with rocks or something (such as loading all your gear in the "light" end of the canoe). A level boat goes straighter, and is much easier to steer, so it is worth the effort to find a way to make your boat trim (level).

Key #5: Accept That Your Canoe Will Not Go Strait

Every time you take a forward stroke, either in the bow or the stern, it doesn't just move your boat forward, it slightly changes your direction too. It is virtually impossible for you to paddle a canoe in a perfectly straight line, so go ahead and release yourself (and your paddling partner) from this expectation.

When you take a forward stroke on the right, it will begin to turn your boat to the left, and a forward stroke on the left will turn your boat slightly right.

Now, assuming you and your partner are of similar weight and strength, every forward stroke by the sternman will turn the boat more dramatically than the forward stroke of the bowman. The only time this is not true is if the bowman is significantly heavier and/or stronger than the sternman.

Now that you know those five basic keys, you are well on your way to a happy steering experience, and ready to learn the basic concepts of steering.

Canoe Strokes...



<https://www.youtube.com/watch?v=rjdlF7Cnr3E>



<https://www.youtube.com/watch?v=RilIdvUslDc>

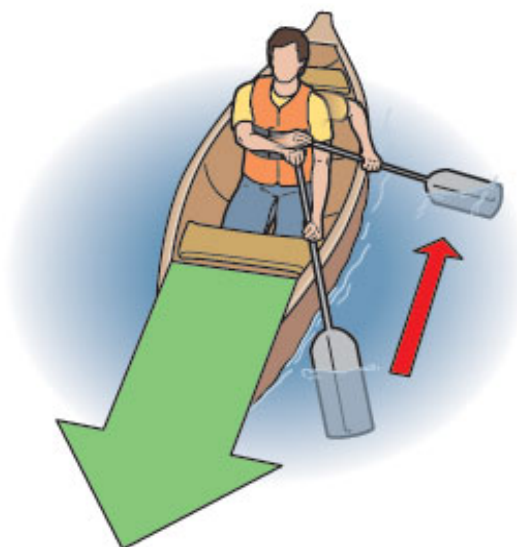


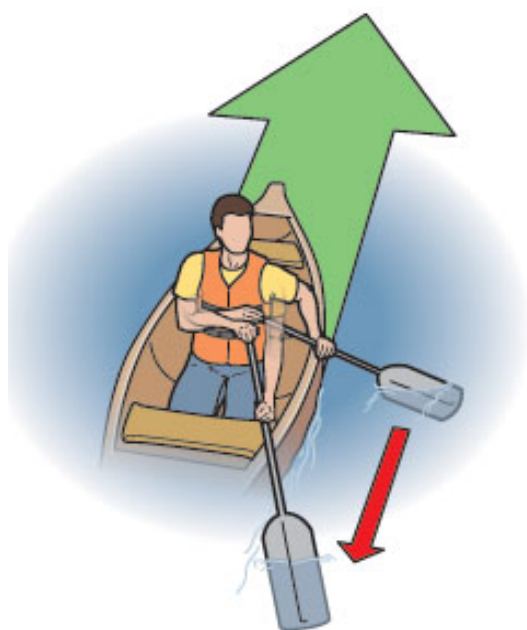
<https://sites.google.com/site/env521canoeing/canoeing-strokes-and-skills>



The Forward Stroke

Reach forward with both the shaft and grip hands and place the paddle in the water. Then simply draw it straight back with the face of the blade perpendicular to the water, twisting your torso through the stroke. When you withdraw the paddle from the water for the next stroke, "feather" it (swinging the blade forward, flat above the water's surface) to reduce wind resistance. When equally matched, the bow and stern paddlers can act in rhythm with each other, each staying on opposite sides of the canoe until tired. Then switch sides.





The Back Stroke

This is the reverse of the forward stroke. Simply reach back with both hands and place the paddle in the water to the rear of your body. Then pull forward, with the flat side of the blade perpendicular to the canoe. Feather the blade as you reach back for another stroke. The backward stroke is used to stop the canoe when you already have forward momentum or slow it in moving water. If used by the bow paddler on one side of the boat while the stern paddler uses the forward stroke on the other side, it can be used to pivot the boat.

**The Draw Stroke**

Sometimes called the “pull-to,” the draw stroke is used to change the direction of the canoe. It can also be used to move the canoe sideways, such as when you’re pulling alongside a dock. Reach out as far as possible with the shaft hand and place the paddle into the water. Then push your gripping hand outward while pulling your shaft hand inward; this creates leverage and moves the canoe in the direction of your paddling side.

The Pry Stroke

This is the opposite of the draw stroke. It's used to push the canoe away from the paddling side. Place the blade in the water parallel to the boat; it should be as close to the canoe as possible, even tilted a bit so it's almost underneath the boat. Your gripping hand should be out over the water as far as you can reach. Pull in with the grip hand while pushing out with the shaft hand.





The J-Stroke

This is a forward stroke with a hook on the end. It is most often used by solo paddlers and by stern paddlers who are stronger than their partners. Its purpose is to compensate for the canoe's tendency to turn during the simple forward stroke. It does not replace the forward stroke but instead supplements it when necessary. The J-stroke is so-named because it traces a letter "J" in the water when done on the port (left) side of the boat.

Begin as you would for a forward stroke, but when the paddle blade crosses to the back of your body, twist the shaft so that the blade turns outward. On the port side, this means turning the blade clockwise. Reverse the motion for paddling on the starboard (right) side.