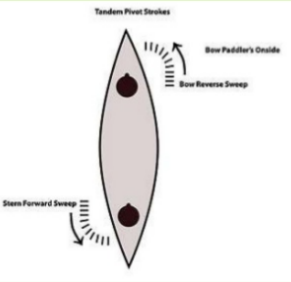


Sweep Stroke

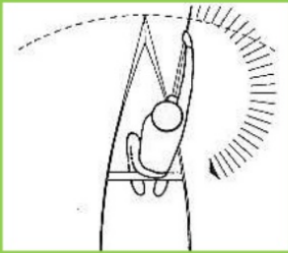
Clip slide



- For a stern sweep stroke, the stern paddler reaches out to his/her paddling side.
- The paddle blade should enter the water at a 90° angle to the side of the canoe.
- The blade is swept back towards the stern.
- This stroke propels the canoe forward and turns it to the stern paddler's offside.

Sweep Stroke

Clip slide



- For a Bow Sweep Stroke, the paddle begins nearly even with the bow of the canoe.
- Sweep to nearly perpendicular with the canoe to finish the stroke.
- This stroke propels the canoe forward and turns it to the bow paddler's offside.

