

CANOE INSTRUCTION...

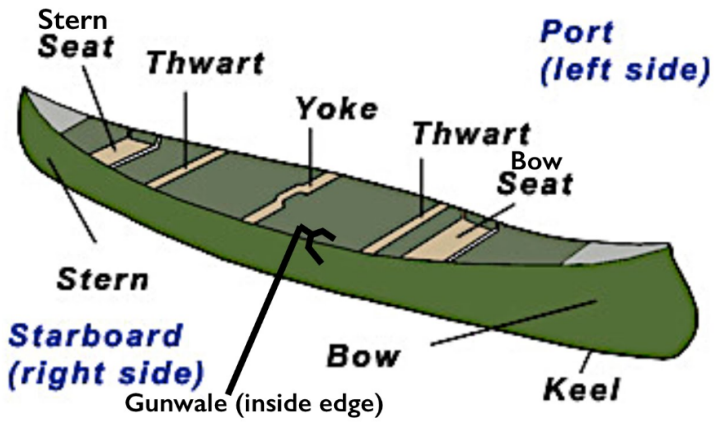
Flatwater/Tandem/Moving Water



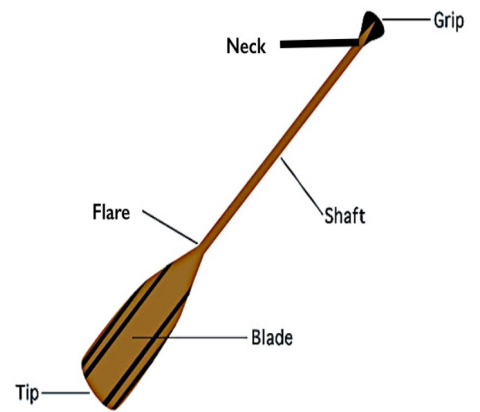
<https://www.youtube.com/watch?v=ecStrF15o-4>



Parts of a Canoe:



Parts of a Paddle:



*** 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>

[NOTES - Canoe Instruction.pdf](#)

Attachments

NOTES - Canoe Instruction.pdf