



Canoeing

Canoeing is an adventurous activity that should only be performed under the direct supervision and instruction of a qualified canoeing instructor.

Equipment:

- Canoe
- Paddle
- Life jacket

What to wear:

- Clothes that can get wet
- Closed-toed shoes that can get wet
- Hat
- Sunscreen
- Water bottle

Hints:

- When canoeing, two people always paddle on opposite sides of the boat. For example, if the person in the front of the boat paddles on the left side, the person in the back paddles on the right side. You can switch it up if you need to!
- There is one exception to this: the 'draw stroke', which is used to move your canoe sideways.
- Both people should paddle at the same time at the same speed. It's more efficient this way.

Instructions for paddling:

Place one hand on the T-bar on the top of the paddle, and one hand like a monkey bar grip on the shaft, as far down as comfortable. If paddling on the right side of the canoe, your left hand holds the T-bar and the right hand holds the shaft. If paddling on the left side of the canoe, your right hand holds the T-bar and the left hand holds the shaft.



Forwards: Put the blade of the paddle in the water towards the back of the boat. Push the water forwards, and then take the blade out of the water.



Backwards: Put the blade of the paddle in the water toward the front of the boat. Pull the water backwards, and then take the blade out of the water.



Draw: Put the blade of the paddle in the water away from the boat. Pull the water towards you and the boat, and then the blade out of the water or turn the blade perpendicular (at a right angle) to repeat the stroke. This is the only stroke where both people paddle on the same side of the boat.

Instructions for turning:

These instructions apply when the person in the front is paddling on the left hand side and the person in the back is paddling on the right hand side. If swapped, the opposite applies.

Remember to paddle at the same time!



Right Turn: Person in the front (on the left) paddles forward, person in the back (on the right) paddles backward.

Left Turn: Person in the front (on the left) paddles backward, person in the back (on the right) paddles forward.

Girl Guides Victoria has two Canoe Teams you can contact to arrange to go canoeing with your Unit or District:

- ✓ Paddling Around Canoe Team (paddlingaround16@gmail.com)
- ✓ Moreland Canoe Team (danismith61@hotmail.com)

Earn a badge! You could use canoeing to work towards your **Achieve a Challenge: Boating** badge. There are three levels available: Trefoil One, Two, and Three. More information is in the books 'Look Wide' (Trefoils One and Two) and 'Look Wider Still' (Trefoil Three).



Interested adult Volunteers can gain a canoeing instructor qualification! Email outdoors@guidesvic.org.au for more information.

