

MATERIAL TO BE COVERED IN CLASS BEFORE CANOEING AT KINGFISHER

1. Canoes and Paddles:
 - parts of a canoe;
 - parts of and different style of paddles; and
 - proper sizing of a paddle.
2. Life jackets and PFD's:
 - differences between the two;
 - why they must be worn;
 - how to properly fit and wear them; and
 - how to care for them.
3. Safety Equipment:
 - what is required; and
 - how and when it is used.
4. Clothing and Other Incidentals:
 - proper clothing;
 - sunglasses and sunscreen;
 - bring your medications; and
 - things to make your paddle more pleasant ie: binoculars, snacks, etc.
5. Where Are You Going?
 - plan your route; and
 - tell someone where you are going and when you intend to come back.
6. Weather and Water Conditions:
 - what situations can weather conditions create;
 - where to get weather forecasting information;
 - recognizing a weather change;
 - what to do if the weather changes; and
 - air and water temperature.
7. Risks of Canoeing:
 - know your limits;
 - hypothermia;
 - drowning; and
 - being overdue.
8. Benefits of Canoeing:
 - physical fitness;
 - being outside;
 - being in the natural environment;
 - having the opportunity to cooperatively work with others;
 - a chance to plan an activity; and
 - a challenging activity that can be met and will boost confidence.