

Achievement Course: Canoeing
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Francis de Paola, pray for us!

Saint Francis was born in the town of Paola, Italy on March 27, 1416. He had a great devotion to Saint Francis of Assisi whom his parents named him after. At the age of 13 he entered a Franciscan friary. After a year in the friary he went to live alone in caves for many years. He was very humble, obedient, and prayerful. Two other companions came to dwell with him leading him to build 3 small cells and a chapel. Eventually there were more companions that followed him and lead him to found the Minim Friars. Miracles were attributed to him and was noted to have the gift of prophesy. One legend tells us he was denied passage to a strait while going towards Sicily. He left his boat and put his cloak on the water. He tied the cloak to his staff and sailed across the strait. He died on April 2, 1507 and was quickly canonized in 1519.

Objective: To demonstrate proper skills and knowledge of canoes.

1. Basic Water Skills Test (complete this test with a monitor/swimming partner)
 - a. Demonstrate how to pick the appropriate sized Personal Floatation Device (“life jacket”) and properly secure it.
 - b. Demonstrate the ability to do the following in a pool or other body of water.
 - i. Jump feet first into water, completely submerging yourself, return to the top and tread water for 1-minute.
 - ii. Hold your breath under water for a minimum of 10-seconds.
 - iii. While treading water, dive to a depth of 7 feet or greater and retrieve an object off the floor of the pool or other body of water.
 - iv. Swim using the stroke(s) of your choice for 50 meters without stopping.
 - v. Exit the water at a ledge (pool edge) without using a ladder.
2. Requirements
 - a. Pass basic water skills test above.
 - b. Understand the following injuries that can occur while canoeing and demonstrate a basic understanding or how to treat them.
 - i. Hypothermia
 - ii. Dehydration
 - iii. Heat sickness
 - iv. Drowning
 - v. Always wear an approved life vest.
 1. Must be properly fitting.
 2. Even expert swimmers and boaters must wear a floatation device as emergencies occur unexpectedly.
 - c. Demonstrate knowledge of your equipment.
 - i. Types of canoes
 1. Demonstrate an understanding of when each of the following is best suited for use and the difference between them.
 - a. General recreation
 - b. Touring or Expedition
 - c. Freestyle
 - d. Whitewater
 - e. Dugout
 - f. Outrigger
 - ii. Parts of a recreational canoe
 1. Demonstrate the ability to differentiate the following parts of a canoe.
 - a. Port side
 - b. Starboard side
 - c. Bow
 - d. Stern
 - e. Bow seat
 - f. Stern seat
 - g. Hull
 - h. Keel
 - i. Gunwale
 - j. Yoke
 - k. Thwart

- l. Ribs
 - m. Bow deck
 - n. Stern deck
 - iii. Types of canoe paddles
 - 1. Demonstrate an understanding of when each of the following is best suited for use and the difference between them.
 - a. Square tipped
 - b. Bent shaft
 - c. Voyageur
 - d. Otter Tail
 - e. Beaver Tail
 - iv. Parts of a canoe paddle
 - 1. Demonstrate the ability to differentiate the following parts of a paddle.
 - a. Grip
 - b. Shaft
 - c. Throat
 - d. Flare
 - e. Blade
 - f. Tip
- d. In tandem, you and a partner must demonstrate the following exercises and maneuvers with your canoe.
 - i. Demonstrate proper loading of a canoe with equipment for a two day trip.
 - ii. Demonstrate how to secure a canoe to the shore, a canoe trailer, and a vehicle. Show proper knots for each.
 - iii. Safely launch and land the canoe from the shore or from a dock (both preferred).
 - iv. Demonstrate the following paddle strokes.
 - 1. Forward stroke
 - 2. Backstroke
 - 3. J-Stroke
 - v. Demonstrate controlled paddling in the following directions (each partner should demonstrate each move while seated and kneeling, and from the bow and the stern).
 - 1. Straight path for 50 yards
 - 2. Right turn
 - 3. Left turn
 - 4. Reverse in a straight path for 20 yards
 - 5. Pivot 360 degrees
 - 6. Come to a complete stop
 - 7. Move canoe sideways
 - vi. In water with a minimum depth of 10 feet, both paddlers must safely exit the canoe and assist each other as they safely return to the canoe without capsizing.
 - vii. In water with a minimum depth of 10 feet, capsize the canoe (empty out beforehand). Remain with the canoe and demonstrate how a capsized canoe can support both paddlers while signaling for help.

- e. Solo, demonstrate the following exercises and maneuvers with your canoe.
 - i. Demonstrate how to secure a canoe to the shore.
 - ii. Safely launch canoe from the shore or from a dock (both preferred).
 - iii. Demonstrate controlled paddling in the following directions while seated and kneeling.
 - 1. Straight path for 25 yards
 - 2. Right turn
 - 3. Left turn
 - 4. Reverse in a straight path for 10 yards
 - 5. Pivot 360 degrees
 - 6. Come to a complete stop
 - 7. Move canoe sideways
 - iv. In water with a minimum depth of 10 feet, safely exit the canoe and safely return to the canoe without capsizing.