



PAWISTIK PADDLING

CUSTOMIZEABLE
PADDLING INSTRUCTION



PADDLE CANADA LAKE CANOE INSTRUCTORS COURSE

COURSE DESCRIPTION & OUTLINE

Course Name: Waterfront Canoe - Instructor Course

Course Length: 2 days

Course Ratio: 12 participants

Course timings:

June 2 (day 0): 1600-1800h

Meeting for 1-2 hours after school hours to introduce the course and timings/curriculum to the group.

June 3 (day 1): 0900-1700

Begin day with dryland theory session and a on-water paddling session to warm up.

Most of the day is spent doing skills development and assessment with the group.

June 4 (day 2): 0900-1500

This day will end a bit shorter to give people some time at the end of the course to relax before heading back to their work week. Also, this accommodates anyone that needs to travel that day.

The day will begin with some discussions about paddling skills/techniques and how to teach them.

Practice teaching sessions on dryland as well as on-water will be conducted to give everyone the chance to have the instructor trainer (and group) debrief them on teaching style etc.

WHAT TO BRING

Notebook and pen/pencil.

Packed lunch & snacks as well as drinking water.

Personal items should include the following: appropriate footwear for outdoors/paddling that will stay on your feet, hat, sunglasses, warm clothes, a change of clothes in case you get wet/capsize, waterproof bag to bring items on the water in, raingear. Additional items you might want are: folding camp chair, sunscreen, bug repellent.