

# Paddle Canada Lakewater Instructors Application

September 10,11,12<sup>th</sup> at the Air Ronge Marina, SK

## REGISTRANT INFORMATION:

Name: \_\_\_\_\_

Gender: M or F                      Language(s): \_\_\_\_\_

Address: \_\_\_\_\_

Town

Prov

Postal Code

Phone: \_\_\_\_\_                      Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Do you have your first-aid and CPR certifications?      Yes or No

If Yes, please provide photocopies of these certifications with your application.

If No, you need to be enrolled in a first aid/CPR course to register for this course. Please provide the dates of the course and the instructor and where it will be taught.

\_\_\_\_\_

Have you taken any canoe skill courses before?    Yes or No

If yes, please list \_\_\_\_\_

Have you taken any canoe instructor courses before? Yes or No

If yes, please list \_\_\_\_\_

What is your experience teaching canoeing in your community, club or as a job?

\_\_\_\_\_

Why do you want to take this course? \_\_\_\_\_

\_\_\_\_\_

How will your community benefit from you taking this course? \_\_\_\_\_

\_\_\_\_\_

**DUE DATE FOR APPLICATIONS FRIDAY AUGUST 27<sup>TH</sup> AT NOON FAX 425 4036 OR  
EMAIL TO [gthompson@nscrd.com](mailto:gthompson@nscrd.com)**

<b>FOR OFFICE USE</b> <input type="checkbox"/> Paddle Canada waiver & payment <input type="checkbox"/> Registration Form Complete
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## **Paddle Canada Intro Lake Tandem Instructor**

### **Course Expectations** (these are your responsibility)

- You are responsible for your own transportation to the course
- Food
- Accommodations
- Equipment (including canoe)
- Registering with Paddle Canada on their website with the appropriate course number ASAP upon acceptance into the course
- Payment of course fees to Paddle Canada ASAP upon acceptance into the course
- To show up on time
- To be a willing participant and fully engaged during the course
- To be respectful of our instructors and each other

### **Equipment Requirements**

1. Canoe . If you don't have a canoe or can't borrow one then phone the Program Manager and we may be able to help you. Don't expect a canoe & equipment if you don't phone well ahead of time.
2. Paddle . Ottetail or beavertail style is best for this course.
3. PFD . Meets transport Canada Approval.
4. Whistle
5. Rope
6. Bailer

**Course Times:** Be at the Air Ronge Marina at 10:00am on Friday September the 10<sup>th</sup>. Saturday is a full day - 9:00am to 5:00pm and Sunday 9:00am till 4:00pm. Course times are dependent on participants.

## **A. Skills to demonstrate & teach:**

1. launching and landing canoe
2. lifts and carries.
3. entering and exiting canoe
4. balance, paddling positions and trim
5. pivots
6. sideways displacement, 5 m
7. forward straight line, (100 m triangular course, 4 m corridor)
8. inside & outside turns under power
9. inside & outside landings (1 m from dock)
10. inside & outside circles (15 m radius) and figure 8
11. reverse straight line, (25 m, 4 m corridor)
12. stopping
13. canoe knots for tie downs on shore, dock, vehicle

## **B. Safety to demonstrate & teach:**

1. swim 25 m (demo)
2. tread water 5 min (demo)
3. canoe over canoe rescue under 4 min.
4. retrieving a swamped canoe
5. Tow 2 swimmers 15 m

## **C. Theory to demonstrate & teach:**

1. outdoor precautions (weather, etc.)
2. govt. regulations
3. safe canoeing procedures
4. equipment knowledge (care, selection)

## **D. Teaching and Leadership Skills to demo & teach:**

1. error detection and correction, feedback
2. intro, demo, discuss, practise, evaluate (teaching progression)
3. floatplan, organization
4. group management