

Canoe Dryland Session for Sparks, Embers, and their Adult – 40 mins dryland

- Introduction
- Go over basic safety equipment: PFDs, paddles, throw bag, bailer, whistle - Play Equipment Relay Game (10 mins)
- Fit PFDs and paddles (5 mins)
- Have the group stand in a circle and show strokes (10 mins)
 - Paddle parts
 - How to hold the paddle
 - Forward
 - Backward
 - Draw
 - Pry
- Go over parts of the canoe – Play Simon Says with canoe parts (10 mins)
- Demonstrate how to launch a canoe + Talk about what to do if capsizing happens (5 mins)
- Send them out on the water!

Land Games (From RCABC website www.bccanoe.com)

Barbarian's Rush

Simply run down the beach in a mob holding your paddles as spears, swords, etc. You can only run as far as you can scream. Seems silly, and it is, but it's a good way to warm up or wake up a sleepy group or set the tone for a fun day.

Equipment Relay

Set up teams in lines about 30 feet from a canoe (usually in 2 teams of 4-6). There should be a pile of equipment halfway between the team and the canoe (bailer, spare paddle, throw bag, painters (optional), etc. Call out the name of an item, and the first person in line must run up, grab it, and attach it to the boat in the correct position (for Embers, they can just put it in the boat). If they grab or put the wrong item in the wrong place, they must put it back in a pile and run to the back of the line. Keep calling items and rotating through until all equipment has been placed. As teams finish, they sit down.

Paddle Dance (found some Embers had a hard time. Best to leave it as simple as possible if playing this game)

Stand in a circle with each person holding their paddle straight up and down with the tip on the ground. Give commands Left or right and the group must move as one in the direction called and grab the new paddle in their new spot before it falls over. Now add spin, jump, touch the ground, etc. Speed up the commands as you go. As people's paddle fall over, they are out, and the circle gets smaller until only one person remains.

Diaper Tag – use PFDs but wear them as diapers; you must cry and wait to have your diaper changed when tagged.