

Water Safety and Paddling Course Outline

COURSE OUTLINE

Instruction:

8-9:00 am

Preparedness:

Know weather forecast

Float plan with someone responsible

Emergency phone number - 911 - for state police dispatch/Game Warden Map Water classifications - class I, II, III Fresh water vs. tidal Rain gear Sunscreen Hat Sunglasses Insect repellent Knife Matches Compass Dry bag:

Waterproof case

Camera

Phone

Battery charger/cord

Extra clothes

Towel

Tarp

Space blanket

Toilet paper

Water

Food

Cooler/ice

1st aid kit

Medications

Parts of a canoe

Proper fitting of PFDs and paddles

Safe entry/exit

Paddle strokes

Paddle together/cadence

Communication

Extra paddle

Water safety/rescue techniques:

Use of throw bag

Use of Type IV

Whistles

Flashlight

Getting low

Facing wakes

Reading water - V's

Leaning into a rock

Avoiding strainers/sweepers

In the event of a capsize:

Stay with canoe

Kick toward nearest shore

T Rescue

Rafting canoes together

Bungees

Bailer

Sponge

Mention:

1st aid

Insect stings/bites

Dehydration

Hypothermia

Heat exhaustion:

Heavy sweating

Heat stroke:

Decreased sweating

CPR

Rope/knots

Loading/unloading

Carrying

Tying down

Wildlife watching:

Beaver

Muskrat

Eagles - mature vs. immature

Full adult plumage at age 5

Osprey

Blue herons

Loons

Waterfowl

Tree/plant/flower identification

Maples

Oaks

Pickereel weed

Pond lily

Iris