

Briefing ideas

All briefs should be as short as possible but require the following:

- Check clothing
- How to connect with the craft
- What a student should do if they fall in
- How to get on the water
- Something to keep the group together

Canoe Tandem

- Decide if sitting / kneeling
- Decide where students sit
- If you fall over keep hold of canoe and paddle, listen for instructions
- Lift to water in pairs or 4s
- Prevent damage to royalex canoes

First activity ideas

- Tag.
- Position swap
- spin a circle each way

Kayak

- Sit in kayak, knees bent frog position. Balls of feet on footrest
- Play “in – out” game to stop fear of entrapment
- If you fall over hold paddle and boat, listen for instructions
- Shove in the water with effort from hips

First activity ideas

- Play tag.
- Hand paddle

Sit on Top

- Sit in hollow, bent knees, feet onto ladder
- Hold on to boat and paddle
- Roll over and get on or wait for support
- Carry to water and get on. Instructor identify handles. How many to carry?

First activity ideas

- Touch front with nose. Spin the boat 360 each way

SUP

- Kneel either side of middle handle
- If you fall in swim to board, put the paddle on and kick feet on surface to get back on
- Carry to water and launch backwards
- Decide when to attach leashes
- Kneeling if other hard craft around, standing if falling in is safe

First activity ideas

- Paddle to somewhere
- Tag
- Hand paddling
- Turn 360° each way

Review questions

- How long did it take to get on the water?
- Did it cover all the points?
- Was it fun?
- What would change with a real group?
- What would the next activity be?
- How did the instructor manage safety?