

Life Force Experiential Activities

www.liforceenergy.net

Paddlers may gain a Paddle Canada Introductory & Intermediate Certification during this camp

Canoeing Camp

WEEK AGENDA example

<i>Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Early Drop Off (Registration required)				
9:00 – 10:00	Introductions – Fun Game /Activity Tour Grounds Full Value Contract / Expectations	Strokes on the Water- Review what we learned yesterday Draw, Pry, J-Stroke(s), side slip, rafting up Game / Initiative	Dry Land Game / Initiative	Trip Prep Talk – hazards, safety, following a map	Right on the water Be the Leader – Rotations of lead and sweep positions during day – situational learning applied during what would you do if scenarios
10:00-11:00	Introduction to canoeing – Dry land All equipment & preparing of equipment, Bowline & Truckers Hitch, strokes on the Shore	New Strokes – Cross Bow Draw & Forward & Reverse Sweep – Practice Game / Initiative Paddle on the Lake	Strokes on the Water Review Eddie Talk – PATS, Running Turns Game / Initiative	Lake TRIP – Location TBD- Weather and wind dependant-incorporating all the learning	Self and Partner Rescue Throw Bag practice Towing Canoe
11:00-12:00	Strokes on the water Draw, Pry, Lake J and River J-Stroke Game / Initiative	Dry Land Games / Initiatives – River Safety & natural hazards	Self Rescues – Team Rescues Game / Initiative		
12:00-1:00	Lunch				
1:00-3:30	Strokes on the water Game / Initiative Practice Draw, Pry, J-Stroke, Side Slip, Rafting Up Game / Initiative	Strokes on the Water – Review all strokes, practice - game Eddie talk – How water works to move your boat Game / Initiative Self Rescue Intro	Eddie Turns on the Lake, Introduce Ferries, practice at mouth of the Adams – (on the Lake) Game / Initiative	Lake Trip continued	Continued
3:30-4:00	Wrap Up – High Fives / Closing Games				
4:00-5:00	Late Pick Up				