

MS CANOEING STUDY GUIDE

Canoeing Terms:

Entry: Stern paddler enters first and exits last, "captain of the ship"

Exit: Bow paddler enters last and exits first

Lifejacket or PFD: Personal Floatation Device; in most small watercraft accidents victims were NOT wearing them

HELP Position: Heat Escape Lessening Position for cold water when alone (Knees to chest, ankles cross, wrap arms around legs)

HUDDLE Position: In cold water with two or more persons (arms around waist, ankles crossed) in close for body warmth

Hypothermia: is a loss of body heat

Symptoms of Hypothermia:

shivering, impaired judgment, clumsiness, loss of manual dexterity, slurred speech, withdrawal, shivering stops, muscle rigidity, unconsciousness

Throw bag: a great piece of rescue equipment for a canoe or kayak because of its small size

Paddling Strokes:

Forward Stroke: pull blade *straight* back through water and feather back

Reverse Stroke: blade starts behind hips and pull *straight* to the front and feather back

Forward Sweep Stroke: make half circle front to back (turns canoe)

Reverse Sweep Stroke: make half circle back to front (turns canoe)

J – Stroke: This stroke is used by the sternsman to steer the boat. The J-stroke starts with a forward stroke, and when paddle gets to the hip rotate *grip thumb* down which turns the blade out like a "j" or reverse "j" (used by stern man to keep the canoe straight when moving forward)

Parts of a canoe:

Bow - front of the canoe, notice placement of the seats

Stern - back of the canoe, stern paddler is "captain of the ship"

Gunwale - sides of the canoe

Keel - bottom of a boat

Port - left side of a boat

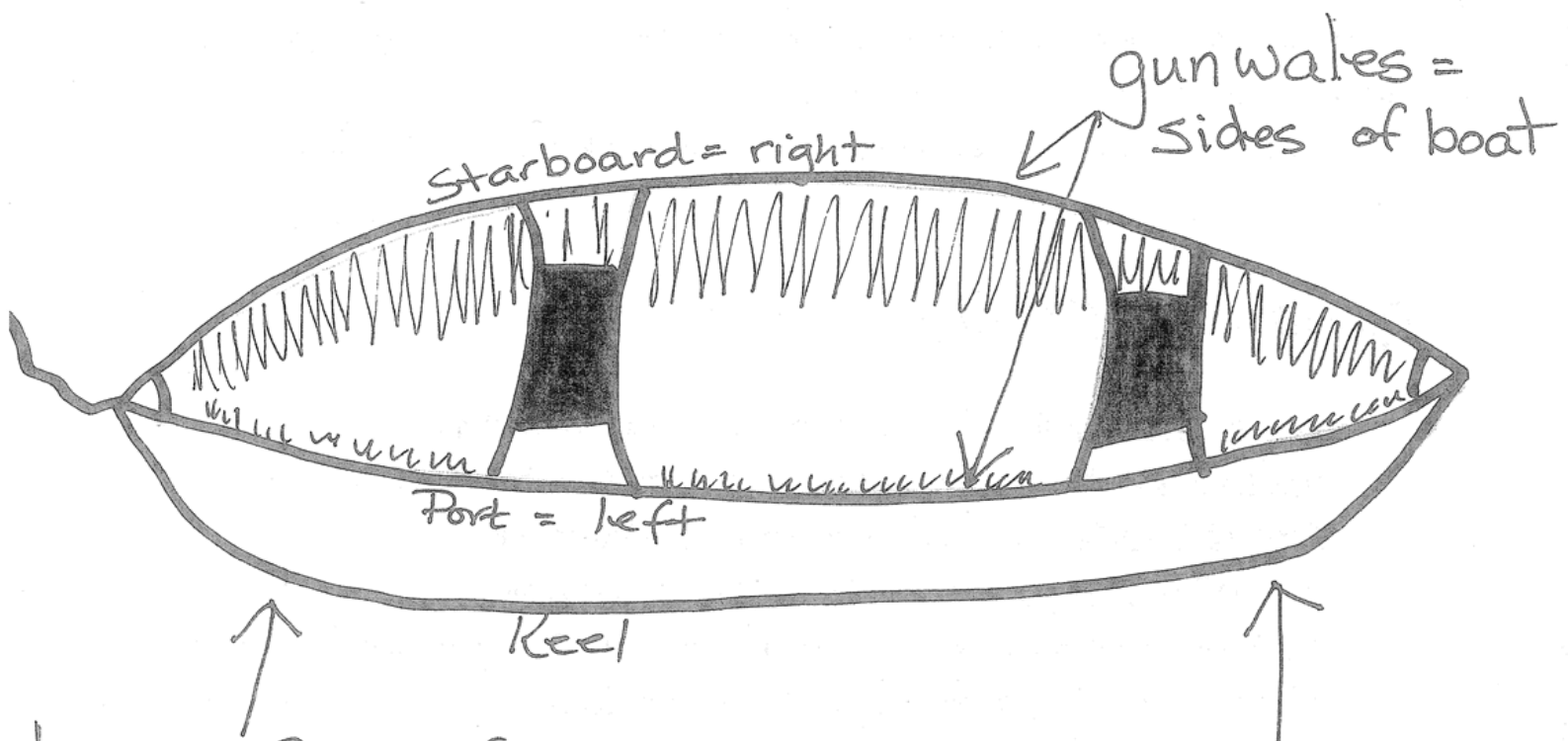
Starboard - right side of a boat

Parts of a paddle:

Grip - top of paddle

Blade - part of the paddle that goes in the water

*The correct size of a paddle should be at your **chin height** or be the width of your arm span.



Bow = front of boat
* more leg room between seat & tip of canoe

Stern = back of boat
* Sternsman gets in the boat first and out last

