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## BOATS, CANOES, & KAYAKS

### *Section 1 : Award List*

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1. Junior B & C Award

**Proficiency in for this program requires all six of the awards listed below:**

1. Elementary Boating
2. Advanced Boating
3. Elementary Canoeing
4. Advanced Canoeing
5. Elementary Kayaking
6. Advanced Kayaking

### *Section 2 : General Rules & Safety*

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1. General Camp Emergency Procedures (search siren, fire, severe weather)
2. Maximum ratio of staff to participant is 1:20.
3. Campers under the age of 4 must have an adult (over the age of 18) in the boat.
4. In cases of severe weather or sudden storm, campers must go to shore immediately. Boats and Canoes staff call the swampers in while sailing blows their air horn three times. The children are informed in the beginning of the week about these procedures and know to come into the closest shoreline be it the Island, Sailing, or Boats and Canoes.
5. In case of an unintentional capsize, at least one person in the canoe is prepared and ready to perform canoe over canoe rescue which is a requirement of the advanced canoeing award. Rowboats can either be towed in by a canoe or the rowers can swim it in. Rowers and canoers are always closely supervised and sailing's crash boat can be utilized in case of emergency.
6. Shoes must be worn except when inside of a boat.
7. Always wear a lifejacket.
8. Keep paddle tips out of the sand.
9. Never swamp without permission, and only swamp by the third red buoy.
10. Never go through the tunnel without permission, and only with a counselor.
11. Stay out of the hut.
12. Stay within the boundaries (ask if you don't know them!)





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## ***Section 3: Award Requirements***

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### **Elementary Boating Award**

#### ***Objective***

- The Camper will be able to show knowledge of equipment and demonstrate its correct use.

#### ***Prerequisites***

- None

#### ***Safety Rules***

- How to put on life jacket
- Red level Swimmer must go with staff
- Boating boundaries
- Boating Behavioral procedures

#### ***Knowledge Required***

- Basic Parts of Boats/Oars (land theory).

#### ***Skills Required***

- Row to island in a straight line
- 360 degree turn

### **Advanced Boating Award**

#### ***Objective***

- The Camper will be able to show proficient knowledge of equipment and demonstrate its correct use.

#### ***Prerequisites***

- Elementary Boating
- Green Swimmer

#### ***Safety Rules***

- Advanced Safety
- Swamping procedure
- Self Rescue
- How to rescue tired swimmer

#### ***Knowledge Required***

- Learn advanced parts
- Know right of way rowboats

#### ***Skills Required***

- Must be at least green swimmer
- Swamp row boat and swim in boat
- Rescue tired swimmer
- Row an obstacle course
- Pivot using two oars
- Row boat to island keeping boat in same orientation (forward then backward rowing)



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## Elementary Canoeing Award

### *Objective*

- The Camper will be able to show knowledge of equipment and demonstrate its correct use.

### *Prerequisites*

- None

### *Safety Rules*

- How to put on life jacket
- Red level Swimmer must go with staff
- Boating boundaries
- Boating Behavioral procedures

### *Knowledge Required*

- Basic kParts of Boat/Paddle (land theory).

### *Skills Required*

- Row to island in both seats in a straight line
- 360 degree turns both ways in both seats.

## Advanced Canoeing Award

### *Objective*

- The Camper will be able to show proficient knowledge of equipment and demonstrate its correct use.

### *Prerequisites*

- Elementary Canoeing
- Green Swimmer

### *Safety Rules*

- Advanced Safety
- Swamping procedure
- Self rescue
- How to rescue a tired swimmer

### *Knowledge Required*

- Learn advanced parts
- Know right of way for rowboats

### *Skills Required*

- Must be at least green swimmer
- Canoe over canoe rescue
- Swam and un-swamp two man in deep water
- Swamp and return to shore by self from deep water
- Solo to island and back

## Elementary Kayaking Award

### *Objective*

- The Camper will be able to show knowledge of equipment and demonstrate its correct use.

### *Prerequisites*

- Elementary Canoeing
- Elementary Boating



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- Green Swimmer

### ***Safety Rules***

- How to put on life jacket
- Kayaking boundaries
- Kayaking Behavioral procedures

### ***Knowledge Required***

- Basic Parts of Kayak/Paddle (land theory)
- How to adjust the boat for a comfortable fit
- Bracing to avoid capsize
- How to wet exit the boat in case of a capsize

### ***Skills Required***

- Emergency exit from overturned kayak while holding a partner's hand in shallow water
- Paddle forwards, backwards and perform a 360 degree turn both ways
- Kayak to island in a straight line and return

## **Advanced Kayaking Award**

### ***Objective***

- The Camper will be able to show proficient knowledge of equipment and demonstrate its correct use, and be able to right a capsized kayak without exiting the boat.

### ***Prerequisites***

- Elementary Kayaking
- Green Swimmer

### ***Safety Rules***

- General safety rules apply.

### ***Knowledge Required***

- Eskimo roll

### ***Skills Required***

- Must be able to perform all the above skills learned in theory
- Must demonstrate full range of strokes

## ***Section 4: Theory Sheets***

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There are SEVEN theory sheets. Clean originals for copying and distribution are in this handbook.

## ***Section 5: Day-by-day schedule***

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Sunday:

- Have skit ready to go by 6pm promoting Boating AND Canoeing AND kayaking, be sure not to focus on any one area.
- Take sign-ups on sheet, writing on each slip also
- If 3-day campers want a milkshake, they should sign up for 1<sup>st</sup> or 3<sup>rd</sup> period
- Give sheet to Program Director before leaving Athletic Field

Monday: (for first timers)



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- Roll call – take attendance and make sure that all campers know their camper number. Call attendance in to Ad-staff.
- Name games
- Review all rules
- Quick lesson
- Practical time (swamping not permitted on Mondays)

(for repeat campers)

- Roll call
- Name games
- Review all rules
- Experienced campers may start on awards with one staff member

Tuesday:

- Roll call & call it in.
- Divide all campers into groups depending on which awards they're working on. Allocate one staff member to each group, or to a couple of groups (e.g. Elementary and Advanced Boating together)
- Work on awards
- Day Camp will join you for 3<sup>rd</sup> period each week.

Wednesday:

- Roll Call and call it in.
- Make sure all three-day campers are able to finish up on their awards. Give them their award cards BEFORE dinner time.
- 1<sup>st</sup> & 3<sup>rd</sup> periods go to Happy's
- 2<sup>nd</sup> & 4<sup>th</sup> periods continue to work on awards, theory, testing.

Thursday:

- Roll call and call it in.
- 2<sup>nd</sup> & 4<sup>th</sup> periods go to Happy's
- 1<sup>st</sup> & 3<sup>rd</sup> periods continue to work on awards, theory, testing.

Friday:

- Roll call and call it in.
- Finish up any awards campers are still working on
- Campers who are finished may swamp or play in the area
- Write all award cards, proficiency cards, and paint proficiency awards
- Update all record cards
- Clean up program area, rack all canoes and kayaks, line up and flip over all rowboats, sweep hut and pavilion, clear all tables, take lost and found to Klinger, take trash barrel to roadside.

Saturday:

- Program Head return to program area on way back from Chapel, ensure area is clean and tidy, ready for inspection.



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## ***Section 6: Teaching Tips***

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### ***Section 7: Bad weather alternatives***

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Rain: Stay in covered area & study theory sheets, play circle games

Very hot: make sure that all kids are wearing sunscreen, and drinking water, swamp canoes.

Severe Weather: Follow Camp Emergency Procedures

If it's too windy to go to Happy's for Milkshakes, a staff member could drive down to pick them up, and campers can continue to work on their awards.

### ***Section 8: Inventory***

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Lifejackets:

43 lifejackets, various sizes

Paddles:

15 Large Wooden

11 Small Wooden

8 Large Plastic

5 Small Plastic

Oars:

9 Pairs with Rowlocks

Vessels:

1 War canoe

1 flat-sterned canoe

12 standard canoes

7 Rowboats

1 Funyak & paddle

1 demo paddle

metal crate of parts

2 red check-in / out oars

3 chairs

1 spare canoe seat



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record cards

Miscellaneous and Broken Items in loft for Proficiencies.

## ***Section 9: Things to Remember***

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### **Happy's Trips:**

Every week B&C takes 4 trips to Happy's for milkshakes. It's best to take two periods one day, then two the next, as sometimes the trips run a little late. On the morning of the trip, make a benches announcement that campers from the appropriate periods hurry to B&C in order to get there on time.

At the start of the period, do lifejackets, check-ins, and roll call very quickly. Make sure you call attendance in before you leave!

Have 3-4 campers and one staff member in each vessel. Make sure all campers know exactly where they're going, and when going by Waterskiing ensure that all vessels go **INSIDE** the raft to avoid any contact with Ski-boats!

Travel up the left side of Little Corey to avoid boat traffic. Pull up on shore at the Public Access. Have all campers and most staff sit in grassed area & play games / rest. Have one staff member go into Happy's to collect shakes. If time permits, stay and play for a while. Allow **AT LEAST 25** minutes for the return trip, remembering again the ski raft area. Ensure everyone checks out at the buddy board.

### **Ordering the milkshakes:**

On Monday, take campers order for **C** – Chocolate, **S** – Strawberry, or **V** – Vanilla milkshakes and note it beside their name on attendance sheet. Add totals for each flavor, each period. On Tuesday morning, get two Purchase Orders from the camp office (one for Wednesday and one for Thursday) Fill out the PO's then call Happy's (244-5176) to call in the four orders. Be sure not to call during their busy mealtimes. Tell them clearly that you are calling from YMCA Camp Eberhart and give them the time you expect to arrive there. When you arrive to pick up the order, give them the top white portion of the purchase order, and give the rest to the Camp Secretary. (This is very important ... if the secretary doesn't get it, Happy's doesn't get paid and then there will be no more milkshakes!)

See demo purchase order included in this handbook.



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**Other:**

Make sure all lifejackets have the Eberhart Triangle and Year of Purchase marked clearly on the back. Please do not mark them in any other way.

***Section 10: Opening and Closing the Program***

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**Opening:**

- Take thorough inventory
- Make sufficient copies of all Theory Sheets, keep them safe in binders
- Make sufficient copies of award record keeping sheet
- Order more award cards and record cards if necessary
- Repaint and set out buoys (use two coats of paint and then clear varnish for best results)
- Clean and organize hut
- Test all your staff in all awards, run a few practice classes with them so they all know how to perform, teach, and supervise all tasks.
- Practice a few emergency rescues required for Advanced Canoeing and Advanced Boating awards

**Closing:**

- Ensure all record cards are updated
- Write closing report for the Associate Director and the Summer Program Committee
- Clean out hut thoroughly, throw out all non-useful items (remember to keep some things for proficiencies)
- Pack away all theory sheets, awards cards, and record cards to be stored for the winter (remember to take precautions for rodents moving in for the winter)
- Update inventory
- Rack ALL canoes and kayaks, line up and flip all rowboats
- Hang all lifejackets for storage
- Return handbook to Associate Director BEFORE Wednesday of final week, along with opening supplies order for next season.