

3.10

Canoeing

*"There is a river whose streams
make glad the city of God, the
holy place where the Most High
dwells."*

Psalm 46:4

Objectives:

Recruit

1. List the rules for canoe safety.
2. Label the parts of a canoe.
3. Define the following terms:
 - a. Bow
 - b. Stern
 - c. Bowman
 - d. Sternman
4. With another Lutheran Pioneer, correctly launch a canoe.
5. Demonstrate the proper position for paddling.

Camper

1. Define the following terms:
 - a. Fore
 - b. Aft
 - c. Leeward
 - d. Painters
 - e. Trim
2. Demonstrate each of the following:
 - a. Bow stroke
 - b. Sweep stroke
3. Make a personal equipment list for a weeklong canoe trip.

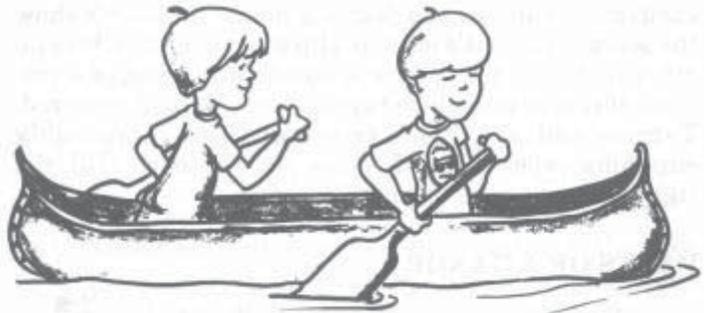
Frontiersman

1. Define each of the following terms:
 - a. Bailer
 - b. Carry
 - c. Draft
 - d. Tracking
2. Demonstrate each of the following:
 - a. J stroke
 - b. Diagonal draw
 - c. Draw and push over
 - d. Starboard pivot
 - e. Port pivot
 - f. Jam or stopping
 - g. Reverse strokes

UNIT 3

CAMPING

CHAPTER 10 CANOEING



Lutheran Pioneers, Inc.
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3. Plan a one-week canoe trip including the following:
 - a. Canoe route (include map)
 - b. Equipment (individual and group)
 - c. Food (menus and quantities)
 - d. Daily devotions
4. Take a canoe trip of at least two days involving at least one portage.

Applying God's Word to the Lesson

DEVOTION #1

James 2:14 *What good is it, my brothers, if a man claims to have faith but no deeds? Can such faith save him?*

Two men, seriously discussing the importance of faith and works, got into a boat to be taken across a river. Continuing the discussion, they drew the ferryman into the discussion. This is the way the ferryman explained the relative importance of faith and works. He pointed to his two oars and said, "The one oar I will call faith, the other works. If I pull only on this one oar, I will get nowhere, but go around in a circle. The same thing will happen, if I just pull on the other oar. But when I pull on both oars, then the boat will move across the river."

We are wrong if we think this to mean that good works must be added to faith and that the sum total of faith and works gives us salvation. The illustration is to the point when it stresses the absolute necessity of good works. Without works, faith is dead. The genuineness of one's faith is proven by one's works. The apostle James says "I will show you my faith by what I do." We are saved by faith, but we will be judged by our works.

Are we living our faith? God gave his all to save us from the awful consequences of our sins. He sacrificed his own Son to redeem us. Once dead in sin, we have been raised together with Christ to a new life.

A new life? Isn't it enough to know that I'm saved, that I am a Christian? I have confessed my sins, I believe in Christ and I know that God loves me. What else is there? Much more!! We have been saved to serve, to live a new life.

How can we know how God wants us to live? On our own, we don't know how to please God. We are nothing but sinners, who needed God to send his only Son to the world to die to take away our sins. However, by faith we trust God and his Word. That Word tells us the way to live that pleases God. We daily study the Bible to learn that way and receive strength to follow it.

Unfortunately, for many Christians, their only concern is to get to heaven some day. They forget that God has redeemed us at such a great cost, that we ought to do all we can to help others on their way to heaven. Didn't he tell us that we were to preach the Gospel to every creature? This is a mission command to God's special people. We have some great things to do for him. So let us, out of love for Christ, spend ourselves for him.

PRAYER: Heavenly Father, we thank you for sending your Son to die for us and for sending your Holy Spirit to work faith in us. Help us, to live a new life. Help us to read your Word and learn your will, striving everyday to live according to it. Help us to tell others about your love, that they too might receive your precious forgiveness and live a new life. Amen.

HYMN: 405 v.1-3,6 (TLH) 454 v.1-3,6 (CW)

Applying God's Word to the Lesson

DEVOTION #2

TEXT: Mark 4:35-41

THEME: Jesus, Pilot and Protector

Did you ever think of all the pictures and comparisons there are of the sea and the church? The hymn "Jesus, Savior, Pilot Me" is just one. The main seating area of our churches are called naves, or ships. The security of heaven is often called "the shore" or "the other side."

Traffic on the seas and oceans used to be much more frightening and risky than it is today. There were no radios and no steam, gasoline, diesel or nuclear power to bring the ship to shore. Guidance was entirely dependent upon the bodies that God had put in the sky. Propulsion relied upon the movements of the winds God sent. (What about oars)?

Could it be that such simple reliance upon God is what we need to be guided through life? His law is the direction we need to know right from wrong, to know whether or not we are on course. His love is the motive—the wind—to bring us to the shore of heaven.

PRAYER: Dear Father, be my pilot and guide in life. Send your holy angels to protect me when I am in danger. Count the hairs of my head and watch me as you watch the birds of the air. Give me what I need. Teach me to be content with that. I ask it for the sake of Jesus. Amen.

HYMN: 649 (TLH) 433 (CW)

DEVOTION #3

TEXT: Jeremiah 17:8

THEME: Water Brings Life

OUTLINE

1. We use the water when we canoe primarily for recreation. However, many of the plants and animals that we see on the river depend on the water for life?
2. God has given us abundant water to bring us life in his holy Word. Only by continually drinking of that water can we stay strong and healthy in our faith.

Additional References:

- Genesis 2:5-6
- Psalm 36:5-9
- Psalm 42:1-2
- Proverbs 4:23
- Proverbs 16:22
- Isaiah 12:2-3
- Isaiah 43:2
- Isaiah 58:11
- Jeremiah 2:13
- John 3:5
- John 4:13-14
- John 7:38
- 1 Corinthians 3:6-7
- 1 Peter 3:21
- 1 John 5:6
- Revelation 21:6
- Revelation 22:17

1 Introducing the Lesson

The majority of this lesson is very difficult to teach away from the water. The only way that Pioneers will learn the necessary skills is by practicing in the water, something that can be easily done on incrementally more challenging trips for different age groups.

To introduce this lesson, you will want to display a canoe, paddles, life jackets, and possibly other canoeing supplies. These things will be familiar to some and foreign to others.

You may also display photographs of different canoe trips that your Train has taken. With these photographs, you might have one of the older boys who was on a previous trip describe some things about the trip that are unique to canoeing and canoe-camping (e.g., cliffs & bluffs along the river, the beauty of the lake that is smooth as glass, the call of the loon in the morning hours, the excitement of shooting a set of rapids). This will get the Pioneers eager to learn how to do this themselves, so that they can join in the experience.

In this chapter, you will want to emphasize safety first and foremost. Other focus points will be properly loading, entering, exiting and maneuvering a canoe and packing for canoe camping.

CANOEING

Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city.
Revelation 22:1,2

Paul never paddled a canoe yet he knew the job of smooth sailing and the pleasure of reaching camp. He knew also the rough times, the sting of the wind as it whipped across the water, the chilling rain as it soaks to the skin, and the heat of the blazing sun. Paul saw it all. He crossed the portages and carried his packs. Through it all Paul saw his destination and when he crossed that last portage, he stood by the river of the water of life with his Lord. God bring us there!

One of the greatest experiences a young man can enjoy is to quietly glide over the shiny surface of a wilderness lake in a canoe. It is like a health tonic to be lured to the green wilds of a great northern river. You can feel the excitement build as you discover places that don't show the scars of man. It's great to slip along quietly where no other craft can go, and come within a few feet of a raccoon, turtle, or great blue heron, before being discovered. To travel and camp from a versatile canoe is a thoroughly enriching experience. Of course you will need skill, the right gear, but mostly, common sense.

PARTS OF A CANOE

All good canoeists know the parts of their canoes and paddles. These basic parts aid tremendously in the proper knowledge for the handling and paddling of a canoe.

Look over Figure 1 on the following page along with the listing of the parts.

Possible Materials for Teaching and Demonstrating this Lesson

A variety of canoes, paddles, life jackets and canoe packs

An old canoe that can be used on shore with notched blocks of wood to steady it or in a pool

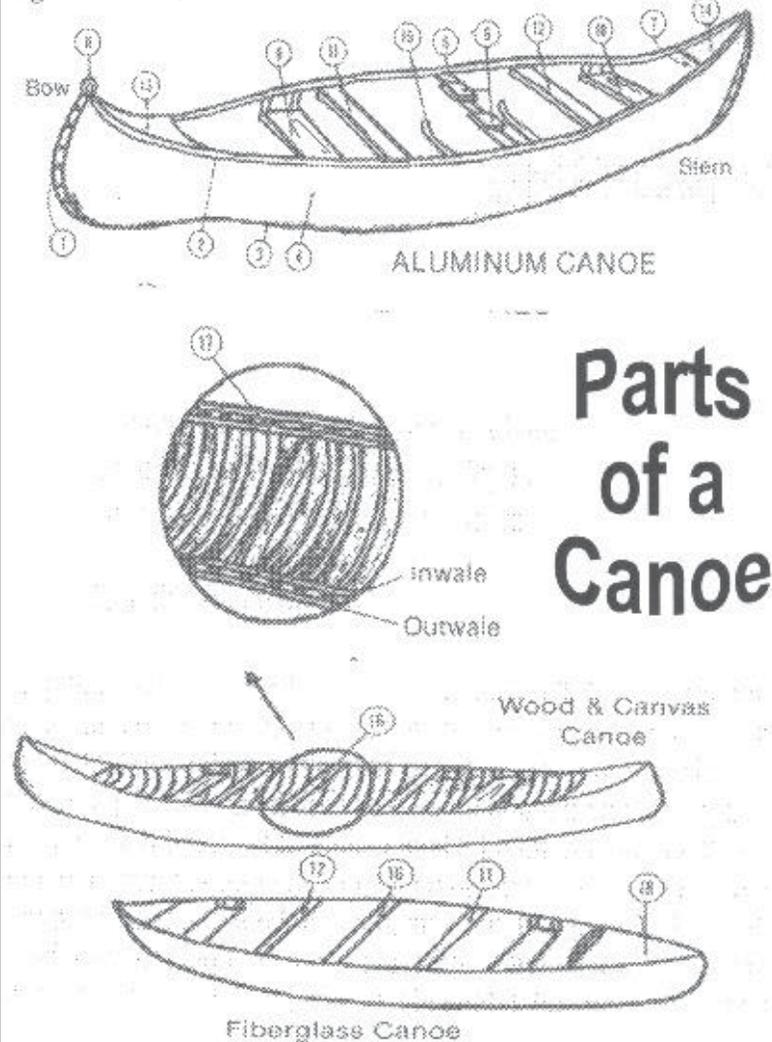
Videos from the Lutheran Pioneer National Office

Catalog of Canoes and related supplies

Photographs of Previous Train Canoe Outings

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Figure 1



1. **Bang Plate:** on aluminum canoes, it is the curved metal plate running from the deck to the keel; holds metal skin together and takes bangs; called stem-band on wood and canvas canoes.
2. **Gunwales:** (pronounced gunnels) the upper rails of a canoe.

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Teaching the Lesson

The majority of your training for this lesson will occur on the water, where the boys can practice the skills they learn. Ideally, a small, shallow pond works best, because it lacks current, is not deep enough to present many risks, has a shoreline to launch from and is easily supervised. However, with additional precautions, a pool, river or larger lake will also be suitable. Be sure to give precautions and tips before touching the water, consider practicing the strokes on the land first, and do your teaching by demonstration. This, of course, means reviewing the strokes yourself and having a paddling partner who is also prepared to work with you.

“Expert” Presenters

It is important that an experienced canoeist teach this lesson. That does not mean he has to be an expert at handling level 5 rapids! It does mean that he knows how to carry a canoe, launch a canoe, load a canoe and maneuver a canoe around a lake or river. Here are some “experts” to consider, if you or another leader are not among those considered “experienced canoeists.”

- ODP’s could be a good resource, especially if they have participated in one or more of the Lutheran Pioneer National Voyageur Canoe Trips. Often former Pioneers own their own canoes, continue to paddle for pleasure and would love to talk about their hobby.

- An outfitter or guide would have typical gear and experience dealing with people of many different ages about canoe use.
- An employee from a sporting goods store or marina could address the differences in canoes and paddles that are available on the market.

Field Trips

It has already been stated that the best place to teach canoeing is on the water. This will most likely require a sort of field trip for your group of boys. There are a few other options for places to visit to expand the information you present to the Pioneers.

- Visit one of the experts listed above to see the canoes and supplies that are available. Certain outfitters might also have a video that describes the different kinds of outings that they guide and shows what canoeing is like on the waterways they deal with.
- Tour a factory where canoes (or parts of canoes) are manufactured and/or developed.
- Take the older boys to a sports show, where they can see the latest in a variety of outdoor fields.

Other Resources

There are other resources available to help you learn more about canoeing before you present the lesson. These might give you new ideas or tools to use for your presentation.

- The Boy Scouts of America *Fieldbook* provides good photos and illustrations of different canoe parts and procedures.
- A sporting goods catalog or a catalog from a canoe manufacturer will give good photos of different kinds and features of canoes and accessories.
- The internet will also supply some of the same information as these catalogs or give you an opportunity to request free catalogs. Certain sites will also grade different bodies of water for their “canoeability” and give tips and maps for launching and camping.
- There are many books about canoeing and all different levels of backcountry canoe trips.
- The American Whitewater Association or American Canoe Association may have materials to suit your needs and may also be willing to provide someone to speak to your group.
- Some colleges, universities and canoeing clubs also provide watersport instruction, although this will usually require a fee.
- The Lutheran Pioneer Library has videos about canoeing available for use.

3. Keel: a strip of wood or aluminum running along the center-bottom of a canoe.
4. Skin: the outer covering of a canoe.
5. Yoke: a special crossbar equipped with shoulder pads for portaging.
6. Yoke Pads: soft shoulder pads attached to the yoke.
7. Flotation: Styrofoam or other buoyant materials set into the ends, along the inside bilges or beneath decks and gunwales of aluminum or fiberglass canoes to make them float when upset.
8. Towing link or shackle: metal ringlet or hole to attach painters to stern and bow.
9. Bow seat: front seat.
10. Stern seat: back seat.
11. Bow thwart: front cross brace from gunwale to gunwale – adds strength to hull – not to be sat upon but leaned against.
12. Stern thwart: back cross brace.
13. Box deck plate: front panel attached to gunwales.
14. Stern deck plate: back panel.
15. Rib: lateral supports running at right angles to the keel on the inside of a canoe – provides hull rigidity.
16. Center thwart: amidship cross brace; sometimes replaced by a yoke.
17. Planking: light weight boards running at right angles to ribs, for holding skin or canvas in place.
18. Spray deck: extra long deck on most fiberglass canoes for deflecting water which comes over the ends.

PADDLE

Your most important tool when canoeing is your paddle. Paddles come in different styles and are made of different materials. Beginning canoeists often use a paddle made of aluminum and plastic. These are very durable and will stand up to the use of a beginner. As you become more proficient in your canoeing you may want to change to a more expensive wood paddle. These are made of a variety of materials. If you have a wood paddle you will need to

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take care of it. This will include regular refinishing of the paddle.

There are also different types of paddles. Some have a wider blade which is good for lake paddling while others have a narrower blade, good for river canoeing. Canoeists who generally sit in the bow often like to use a bent blade paddle which helps with steering.

Paddles also come with different types of grips. The choice you make will be based on personal preference.

Whatever type of paddle you use, you should know the names of the various parts. Figure 2 shows a simple paddle and lists its parts.

PARTS OF A PADDLE

Grip: The top part of the paddle, it can be a palm or t-grip style. One of your hands will hold the paddle here.

Shaft: The long narrow part of the paddle going from the grip to the blade.

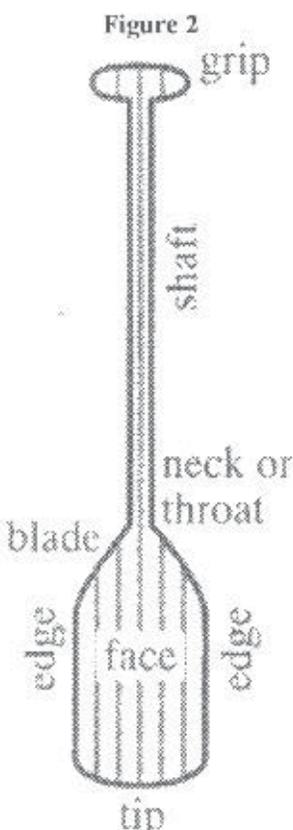
Neck or Throat: The part of the shaft just above the blade. One of your hands will hold the paddle here.

Blade: This is the part of the paddle that goes into the water. It is tapered and wide.

Face: The front and back of the blade.

Edge: Obviously, the side edges of the blade.

Tip: The bottom edge of the blade.



Projects & Activities

Getting the boys involved in various projects and activities will keep them interested in the subject matter and make it memorable and useful for years of canoeing experiences. Here are a few ideas for teaching *Canoeing*.

- Set up an old canoe on the land or in a pool, and use it for identifying the parts of the canoe and for practicing carrying, loading, launching and paddling the canoe.
- Bring the equipment and supplies you would normally carry on an average canoe camping trip and practice waterproofing the supplies, loading the canoe, securing the gear and portaging with the gear.
- Use buoys and/or rope to make lanes (straight or including a bend) in a lake or pond, and have a race. If a team touches a rope or buoy, it is disqualified.
- Intentionally swamp a canoe and practice getting back into the canoe and emptying the water from the canoe in different depths of water.
- Keep group or individual journals on a canoe trip.
- Incremental canoe trips are a good way to teach kids at different levels the skills for canoeing.
 - ◇ Invite parents to join on a Recruit trip. This can be a two-day trip down a slow, wide, relatively straight river. Don't carry any gear on this trip, but have it transported to the camp

beforehand. Camp on the property of a congregation member or in a park or campground along the river.

- ◇ The Camper trip will require a little less additional help. It can also be a two-day trip on a river with a few more twists and turns and an occasional obstacle. Carry the gear in the canoes for one day of the trip and camp in an open or established area.
- ◇ The Frontiersman trip can be an all-out canoe camping trip on a narrow, twisting river with occasional rapids and regular obstructions. You should carry all of your gear on this weekend trip and camp in primitive sites along the river. This trip requires additional planning to know river conditions and available sites.

- Involve the boys in planning the equipment and meals for a real or mock canoe campout and discuss the reasons for your selections and omissions.

AV Materials for This Chapter
Available from Lutheran Pioneers

AV 107 *CANOEING* - 30 Minutes - Ages 9-Adult

AV 128 *PADDLE TO PERFECTION* - 55 Minutes - Ages 9 - Adult

CHOOSING THE CORRECT SIZE PADDLE

There are several different ways to choose a paddle that



Figure 3

will be the correct size for you. The first way is to place the tip of the paddle blade on the tip of your shoe. The grip should be between your chin and nose. (See Figure 3) The second way is to curl your fingers around the tip and grip



Figure 4

of a paddle. If it is the right size your arms should be extended and elbows should be straight. (See Figure 4) The final way is to hold the paddle over your head with one hand just below the grip and the other on the neck. If it is the correct size your elbows should form right angles. (See Figure 5)

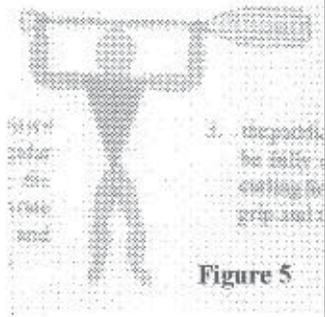


Figure 5

OTHER BASIC TERMS

- Aft:** toward the stern (back) of the canoe.
- Bailer:** a scoop (usually made from an empty bleach jug by cutting off the bottom) for dipping excess water from canoe.
- Bowman:** front man paddling.
- Sternsman:** back man paddling.
- Carry:** to carry a canoe and gear overland either to a distant watershed or to safer water; synonymous with portage.
- Draft:** amount of water a canoe displaces.
- Fore:** toward the front end (bow) of a canoe.
- Leeward:** A sheltered or protected place out of the wind; leeward is the direction toward which the wind is blowing.

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9. **Painters:** lines attached to the bow and stern of a canoe.
 10. **Tracking:** working a canoe upstream with the aid of ropes attached to the bow and stern.
 11. **Trim:** difference of draft between bow and stern; a properly trimmed canoe will sit dead level in the water.

This chapter is intended to open up a new world for the beginner and to be a guide for the old-timer. It will take you through various steps in handling and paddling a canoe; packing and portaging; care and safety, and other simple techniques. I hope it will lead you to many satisfying adventures on lakes and rivers.

LAUNCHING A CANOE

To move a canoe on shore or into the water always carry it; however, avoid injury from carrying a heavy canoe alone. Many canoes have been ruined by being dragged by one end. If two persons are handling a canoe, it can be easily picked up by the ends. For actual launching it's better to handle a canoe midship, and by gripping the gunwales, use hand-over-hand motions to slide the canoe into the water. See figure 6.

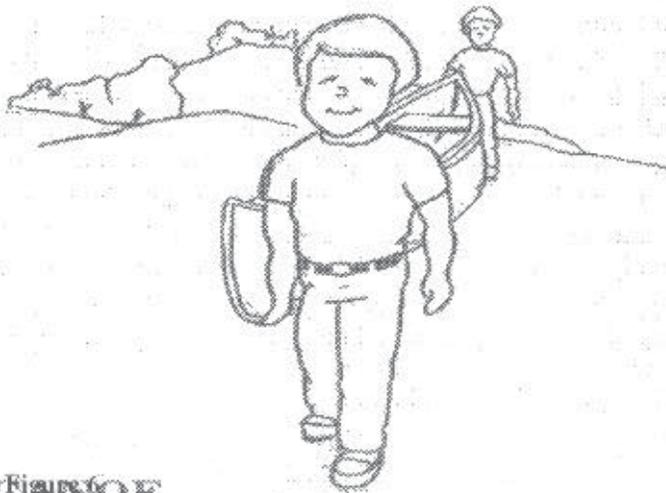


Figure 6
CANOE

3 Practicing and Testing the Material

The majority of the practicing and testing for this chapter will come on the water, as Pioneers learn to work together in navigation and canoe handling. You can also use the activities in the chapter for testing specific skills (e.g., dealing with a swamped canoe).

Canoeing races other than the one described in the lesson, also test well their canoeing and communications skills. Be creative in testing different skills by this method, including carrying a canoe across land, canoeing or portaging around obstacles, canoeing a straight line, righting a swamped canoe and other skills.

For the purpose of understanding instruction and communicating with fellow canoeists, some of the terminology in this lesson is very important. You can test the knowledge of the Pioneers in this area with an oral or written test or contest.

You might consider issuing a “canoeing license” for those who pass a given test in a canoe. This is available to copy (cardstock is suggested) in the appendix of this handbook, or you can order such cards from the National Office. You should also consider laminating these cards.

Expanding the Lesson—Other Watercrafts

If you are looking for ways to expand this lesson either for Troopers who have already completed their Frontiersman requirements or simply to mix it up and give your boys a little more information, try talking about other kinds of watercrafts. This could be as simple as using a handmade sail on a canoe or using a kayak or rowboat. Pioneers could build their own canoes or rafts out of cardboard or other materials and see who can keep theirs floating for the longest time. You could also discuss crafts like paddleboats, sailboats, powerboats and more. Keep in mind that unit five also addresses water safety.