**Kayak Discussion**

Determine experience of group. Show of hands who has been kayaking before, experts, newbies.

Plan of safety

* Life Jackets- everyone will wear a PFD (personal floatation device)
* Introduce students to CBEC leader and volunteer (or chaperone) who will be the caboose
* Kayaking path
  + Students will be in double kayaks, paired with another student
  + Student will follow the leader along the “path of safety,” which will hug the shoreline, staying over shallower waters and away from stronger currents
  + The average depth of the water is only 3 feet
* Be sure to give the vessel in front and behind enough space so that we avoid smacking paddles. Any use of paddles for splashing or hitting another vessel or person will result in removal from kayaking. Student(s) will sit on dock with chaperone.
* Communication on the water
  + Leaders may ask you if you are okay by putting her fist on top of her head. If you are okay, mirror the sign. If you are not okay, calmly wave one arm back and forth.

What to do if you capsize?

* First, try to stand up.
  + If you can stand - stand up, hold onto your kayak, and check on your partner. Wait until a leader comes to assist you.
  + If you cannot stand – be calm, as your life vest to keep you floating, and hold onto your kayak, which also floats. Check on your partner. Wait for a leader to come assist you.
  + We will teach you paddling techniques that will minimize capsizing.

Loading and Unloading

* When we get on the dock, stand with your partner next to a kayak. Wait patiently; it takes awhile to get everyone loaded.
* An adult will hold your kayak steady next to the floating dock
* One person at a time will get into the kayak
* Get low to the ground (lower your center of balance), be sure to have three points of contact with the kayak at all times.
  + That can be two hands and a foot OR two feet and a hand.
  + Demonstrate the motion of getting into a kayak
* Unloading – an adult will be the first one off the water.
* Wait patiently in the water a little ways away from the floating dock and wait to be called up to the dock.
* Paddle slowly up to the dock, an adult will hold your kayak steady, one person at a time unloads. Always keep low down. NEVER stand up on kayak.
* Help pull your kayak up the dock.

Pair up students based on experience

Fitting Life Jackets

* Life jackets should be laid out in size order. Have students put on PFD and tighten straps. Each student’s PFD must be checked by an adult.

Paddling Technique

* Demonstrate paddling techniques – paddling for kayaks follows the “rule of opposites”
  + Forward paddle – put paddle in the water in front of you and PULL back
  + Back paddle (in case you get stuck) – put paddle in the water behind you and PUSH forward
  + Left turn – put paddle in the water on the right and forward paddle
  + Right turn – put paddle in the water on the left and forward paddle
  + Stopping in a double kayak – hold your paddles in the water, one person’s paddle on the right of the kayak and the other person’s paddle on the left
* Move to an open area, have students pick up paddles
  + Pretend to be in a kayak, one partner in front of the other
  + Discuss the importance of partners following the same cadence when paddling – no paddle wars
  + Practice all the strokes