



Dear Canoe Clinic Participant,

Welcome to Introduction to Canoe Paddling and/or American Canoe Association's Instructor Certification Workshop. The three or four days at Wyonegonic Camps will be spent talking, reading, studying, and doing lots of paddling as well. The course dates and start times are listed below:

**Introduction to Canoeing: Thursday June 17<sup>th</sup> 9:00AM – 5:30PM**  
**Canoe Instructor: Thursday June 17<sup>th</sup> 7:00PM – Sunday June 20<sup>th</sup> 5:00PM**

Most of you will be enrolled in the Canoe Intro and Instructor Combined. If you are taking the Instructor course only, you have an evening start time. Refer to your confirmation email for details or contact Wyonegonic if you have any questions as to what you are enrolled for.

The weather in Maine is unpredictable. Our time might be cold or hot, wet or dry, windy or still. We will need to be prepared for all those conditions. We have much that needs to be done in our brief time together; so we will not let the weather limit us. You will need to be sure to bring all of the following:

Quick drying shorts, T shirts, wool or fleece sweaters, fleece pants or tights, swimsuit, complete rain gear that can double as a wind shell (both for paddling and on land), socks, towels, shoes to wear paddling (wet suit booties, sandals, or old sneakers), a hat that will shade your face, dry shoes or boots for on land, toiletries, flashlight or headlamp, bug dope, sunscreen, sunglasses, pencils, notebook, water bottle, small personal first aid kit with any medications that you may need, and plenty of extra warm clothes. Bring clothes with layering in mind. You will also need a long sleeved button front shirt and long pants to swim in. **You will be kneeling in the canoe. You will need either knee pads or a large (at least 24" wide) kneeling pad for your boat.** You can get knee pads in a hardware store or sports shop. You can make a kneeling pad out of half an Ensolite (or other closed cell foam) sleeping pad.

Optional: if you have a favorite paddle and/or PFD, be sure to bring them. You may want to bring a camera and wristwatch. If you have a wet suit or part of one, bring it. You will be glad you did as the water can be chilly in June.

There will be opportunities during the workshop for you to demonstrate presentation, teaching and paddling skills. You and your fellow participants will develop your 'critical eyes' to help your future students learn paddling skills more quickly. Trainers will evaluate participants' skills and provide feedback to each individual. Participants will be advised concerning developmental needs that should be addressed to ensure a successful Certification Exam.

We will learn canoeing safety guidelines, and self and group rescues. We will be concerned with the basic strokes and maneuvers that are necessary for good boat control on flat or moving water. Strokes will include: draws, pushaways (or prys) forward, corrected forward (with a J and/or pry), back, farback, compound back and reverse J. The maneuvers include going forward in a straight line, stopping in a reasonable distance and reasonably straight, spinning, moving abeam, turning, side slipping, and backing in a reasonably straight line. By the end of your session, you should be prepared to teach any of the basic strokes, maneuvers, and safety skills.

We are looking forward to spending time on the water with you! If you have any questions, doubts or worries, feel free to contact me.

Sincerely,

Jackie Peppe  
207-772-0868 or [jpeppe@maine.rr.com](mailto:jpeppe@maine.rr.com)  
American Canoe Association Instructor Trainer  
American Red Cross Instructor Trainer