



River Canoeing

Class Outline

Brief Synopsis: Paddle the Root! Trained instructors will prepare novice paddlers for this adventure as they navigate 3.5 miles of the scenic waters of the Root River. Understanding the equipment, reading the river and its hazards, executing basic river paddling strokes, and following safety precautions will be essential as participants work together paddling through both slow and fast moving waters. *All groups will be asked to select an alternate class in case of high water or dangerous weather conditions.*

Outcomes:

1. Students will learn how to read a river taking into consideration current, river gradient, and hazards.
2. Students will demonstrate personal responsibility by making sound decisions and safe choices.
3. Students will execute basic paddling strokes to navigate through both slow and fast moving waters.

Outline:

I. Reading a river (20 min.)

The first step in river canoeing is to become familiar with the mechanics of water and what to avoid while canoeing. Through group discussion and visuals, participants will identify five river characteristics; eddies, upstream and downstream “V’s”, riffles, and strainers.

II. Paddling Technique (20 min.)

After a hike to the river, students will engage in a dry paddle simulation, practicing the necessary strokes that will be used on the river to steer the canoe and avoid obstacles. Paddling strokes covered will include the forward and reverse stroke, C-stroke, and the draw stroke. Important safety precautions will be addressed and agreed upon before canoes are launched.

III. Canoeing the Root River (2 hours, 20 min.)

Participants will travel in one of eleven canoes navigating 3.5 miles of the root river. Be sure to keep an eye out for soaring eagles, herons feeding, and rock formations that make SE Minnesota unique. A short break may be included half way for participants to stretch their legs, review skills and exchange paddling partners if needed. Travel time depends on the students skill and the river’s current.

Quick Facts

Class length: 3 hours

Ages: 6th grade or older

Season offered:
Mid-April through mid-October

Time outside: 2.5 hours

Hike length/physical activity:
Approx. 1 mile, moderate

Pre-requisite/prior knowledge:
1 adult with prior canoeing experience required

Minnesota Academic Standards:
Science: 6.II.D.1&3.
Language Arts: 6 & 8. III.A.3.
Physical Ed: 6.1.2, 6.5.5, 6.6.1,2,4,
7.1.2, 7.5.1,3, 7.6.1,3, 8.3.4,
8.5.1,3, 8.6.1