

Class Summary

Quick Facts

Outside: 2 hours 30 minutes

Grade: 6th and older

Offered: Conditions permitting during
Mid-April through Mid-October

Physical Activity: 1 mile hiking, including
one steep hill

Other: Expect your feet to get wet.

Concepts

- Cause/Effect

- Cooperation
- Beauty

[Minnesota Academic Standards >](#)

- Science
- Physical Education
- Language Arts

[Classroom Activities >](#)

- **Pre-Activity:** *Get a Smart Start*
- **Post-Activity:** *Silent Sport Inspiration*

STEM Components

- Observe
- Operate
- Utilize
- Assess

IB Profiles

- | | |
|---------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Inquirers | <input type="checkbox"/> Open-minded |
| <input type="checkbox"/> Knowledgeable | <input checked="" type="checkbox"/> Caring |
| <input checked="" type="checkbox"/> Thinkers | <input checked="" type="checkbox"/> Risk-takers |
| <input checked="" type="checkbox"/> Communicators | <input checked="" type="checkbox"/> Balanced |
| <input type="checkbox"/> Principled | <input checked="" type="checkbox"/> Reflective |

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Outcomes, students will:

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

Brief Synopsis:

Paddle the Root River! 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 paddle through both slow and fast moving water.

Outline:

Reading a River (20 minutes)

The first step in river canoeing is becoming familiar with the movement 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 and understand how they will affect one’s canoe.

Paddling Technique (20 minutes)

After hiking 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 strokes, C-stroke, and the draw stroke. Since safety is paramount, Important safety precautions will be addressed and agreed upon before canoes are launched.

Canoeing the Root River (2 hours 20 minutes)

Participants will partner up in one of Eagle Bluff’s 10 canoes to paddle 3.5 miles of the Root River. Expect that at least your feet will get wet! Be sure to keep an eye out for soaring eagles, herons feeding, and rock formations that make southeast Minnesota unique. Travel time depends on the students skill and the river’s current. If time allows, the group might stop at a half-way spot or at the end of the paddle for swimming, exploring, or rock skipping.