CANOE INFORMATION AND TRIP INFORMATION

. STUDENTS NOT GOING ON THE CANOE TRIP

Report to class, there will be a substitute for the day and an activity will be planned for you.

. THINGS TO BRING ON THE CANOE TRIP

Wear a bathing suit or something that will dry fast. Make sure it is comfortable, remember this is a canoe trip not sunbathing in Belmar.

Bring one or two changes of clothing in case you get wet or cold.

A duffle bag and a large trash bag are necessary for the trip. You can pack the duffle bag at . home or upon arrival at school that morning.

You must wear some type of foot covering such as sneakers or water shoes. No open toes, flip flops or sandals.

Bring hats, sunblock, sunglasses with an attachment.

Bring a lunch (sandwiches, subs, snacks). There will be no bottles allowed on the trip. Any garbage brought in must be carried out.

Line the duffle bag with the large trash bag. Put your change of clothes and lunch in the large trash bag. Twist the end of the trash bag several times and tie it off with a gooseneck and rubber band which will prevent everything from getting wet if you tip over. ABSOLUTELY NO: ILLEGAL SUBSTANCES, IPODS, PHONES, POOR ATTITUDES etc.

Leave all valuables at home. If you tip you will probably never find them.

On the day of the trip report to homeroom and then immediately to the cafeteria.

. ARRIVING AT THE SITE

Walk down to the river, the two people canoeing together should each get a life jacket and 2 paddles (one long paddle and one short paddle)

Be sure the life jacket fits snugly. It should not create a turtle neck (float up around your neck)

Before beginning the trip downstream you will practice with the senior helpers in a small pond area. It is here that you will get use to paddling and maneuvering your canoe.

. CANOEING

The front of the canoe is called the bow and the person at the bow uses the shorter paddle. The back of the canoe is called the stern and the person in the back uses the longer paddle. The person at the stern is usually the more skilled and the heavier person. The person at the stern is responsible for paddling and steering the canoe.

Duffle bags should be hooked or tied to the thwarts (support bars or braces) in case the canoe tips over. This will prevent you from losing your belongings.

To enter the canoe, push it off of the land into the water until you are about ankle deep. The person at the stern will sit on the back of the can<;>e to steady and balance it as his partner enters the canoe. Enter the canoe near the back and slowly and safely move to the

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front of the canoe. The stern person then enters the canoe and pushes off the sand. You can use your paddle to push off of the sand.

Usually one person paddles on the right and the other person paddles on the left.

While canoeing try to avoid low braches. If you must duck under the branch lean forward or backward, not sideways as this could tip your canoe. If you hold a branch out of the way with your hand, don't let go so it springs back and hits your partner.

Do not try to tip another canoe. Those people may not want to get wet, might be nervous about falling in the water, or may have set goals to get down the river without going over.

. TURNING OR STEERING THE CANOE

If the front person is paddling on the left, the back person pushes his paddle out on the right side of the canoe and the canoe will turn to the right.

1f the front person paddles on the right, the back person pushes the paddle out to the left of . the canoe and the canoe will turn to the left.

If you are in trouble, going to crash, or need to stop quickly both partners can back paddle.

. TIPPING OVER IN THE CANOE

If your canoe tips over DO NOT BE DOWNSTREAM of the canoe. Always stay upstream. The current could push the canoe into you, injuring you or pinning you against something. Try to retrieve you paddles before they float downstream. Once you are stable try to move your canoe toward the bank or shallow water. Once you are in shallow water each of you grab the canoe, one hand on each side and lift the canoe straight up out of the water, to allow all of the water to drain out of it. You then flip it over in the air and put it back down, get back into the canoe and continue down the stream.

. LUNCH STOP

When approaching the lunch area you paddle hard and straight at the land, until the canoe is partially on the land. The front person gets out of the canoe and pulls it up onto the land. The person in the front sits on the canoe while the person in the back exits the canoe.

The bathrooms are the woods for the boys and the cranberry bog for the girls. Any trash must be taken out. Whatever trash goes in must go out.

. AT THE END OF THE TRIP

Everyone must help put their canoe, paddles and lifejacket? away.

JMHS has a great rapport with the people running the canoe trips. We have been canoeing here for about fifteen years. They love Jackson kids, because they follow the rules, they clean up after themselves, they pitch in and put everything away where it is suppose to go. Lets keep the respect for JMHS going.

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