Life Force Experiential Activities www.lifeforceenergy.net

Paddlers may gain a Paddle Canada Introductory & Intermediate Certification during this camp Canoeing Camp WEEK AGENDA example

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Early Drop Off (Registration required)				
9:00 - 10:00	Introductions – Fun	Strokes on the Water-	Dry Land Game /	Trip Prep Talk –	Right on the water
	Game /Activity	Review what we	Initiative	hazards, safety,	Be the Leader –
	Tour Grounds	learned yesterday		following a map	Rotations of lead and
	Full Value Contract /	Draw, Pry, J-			sweep positions
	Expectations	Stroke(s), side slip,			during day –
		rafting up			situational learning
		Game / Initiative			applied during what
10:00-11:00	Introduction to	New Strokes – Cross	Strokes on the Water	Lake TRIP – Location	would you do if
	canoeing – Dry land	Bow Draw &	Review Eddie Talk –	TBD- Weather and	scenarios
	All equipment &	Forward & Reverse	PATS, Running Turns	wind dependant-	
	preparing of	Sweep – Practice	Game / Initiative	incorporating all the	Self and Partner
	equipment, Bowline	Game / Initiative		learning	Rescue
	& Truckers Hitch,	Paddle on the Lake			
	strokes on the Shore				Throw Bag practice
11:00-12:00	Strokes on the water	Dry Land Games /	Self Rescues – Team		Towing Canoe
	Draw, Pry, Lake J and	Initiatives – River	Rescues		
	River J-Stroke	Safety & natural	Game / Initiative		
	Game / Initiative	hazards			
12:00-1:00			Lunch		
1:00-3:30	Strokes on the water	Strokes on the Water	Eddie Turns on the	Lake Trip continued	Continued
	Game / Initiative	 Review all strokes, 	Lake, Introduce		
	Practice Draw, Pry, J-	practice - game	Ferries, practice at		
	Stroke, Side Slip,	Eddie talk – How	mouth of the Adams –		
	Rafting Up	water works to move	(on the Lake)		
	Game / Initiative	your boat	Game / Initiative		
		Game / Initiative			
		Self Rescue Intro			
3:30-4:00	Wrap Up – High Fives / Closing Games				
4:00-5:00	Late Pick Up				