

Grade: 4th – Adult
(must fit into one of our
PFD...personal floatation
devices)
Time: 1 hour
Season: Spring, summer, fall

Kayaking

National Science Teaching Standards

- A.** Science as **INQUIRY**
- B.** **PHYSICAL** Science
- C.** **LIFE** Science
- F.** Science in **PERSONAL** and **SOCIAL PERSPECTIVE**
- G.** **HISTORY** and **NATURE** of Science

Background Information:

Visit Iowa Department of Natural Resources website:
www.iowadnr.com/education/canoeing.html Share “Paddling Then...A Brief History of Canoeing and Kayaking,” and “Paddling Now.”

Objectives:

- Students will become familiar with basic kayaking safety.
- Students will become familiar with terminology and equipment essential for kayaking.
- Students will demonstrate the proper strokes for kayaking.
- Students will demonstrate appropriate techniques for entering, launching and exiting a kayak.

Pre Activity:

- Research the history of water as type of transportation.
- Research water sports in the Olympics.
- Invite a representative from an outdoor adventure store (like Scheels) or a parent to share kayaking equipment and adventures on the river!

Equipment:

- Kayaks (22 provided by Springbrook, 1 person per kayak)
- PFD (personal floatation device) 1 per person
- Paddles 1 per person

Procedure:

(Kayak removal from the storage shed is best done if every single person helps and then groups are split up to leave and do other activities (if applicable))

1. Pass out PFD (personal floatation device) to each student. Make sure the size and weight is appropriate for each student.

2. Demonstrate how to put the PFD on correctly and the proper fit!
3. Show them the “Rule of Thumbs” on PFD fit. Help students here with fit. Check each PFD fit.
4. Discuss the basic technique for paddling a kayak. Body weight must remain in the center of the boat and weight must not shift from side to side while paddling.
5. Have students line up, facing the lake, with their paddles in front of them on the sand.
6. Instruct how to hold and use the paddle, hands approx. shoulder width apart, palms down.
7. Instruct for forward movement, the “scoop” of the paddle should point towards you as you paddle right-left-right-left etc...Practice on shore.
8. Discuss how to maneuver the kayak. Paddling on the right side of the boat causes the boat to turn left. Paddling on the left turns the boat right. Ensure that students do not LEAN right or left as they are turning.
9. Instruct the backward stroke, turn the “scoop” of the paddle away from you and paddle water from the back to the front of the boat.
10. Practice on shore until you think the students are ready for the water.
11. Discuss entering the kayak. Be sure that body weight is in the center of the seat. Students must get water under their kayak before they sit down!
12. Questions??? Be sure they answered before sending them out into the water.
13. Rules:
 - No rocking or ramming of kayaks.
 - No standing up in the kayaks.
 - No splashing water especially if it is spring or fall...hypothermia.
 - Set the boundaries for where students can kayak.
13. Kayaking works best with instructors who can be in the water, assisting students at all times. Be sure take the throw rope.
14. When there is about 10 minutes (15 minutes if you have to put kayaks in the shed) left of class period, whistle for the kayakers to come back to shore.
15. Be sure they exit the kayaks properly and carry them onto the beach so they are secure.

Post Activity:

- Research Iowa Boating Regulations on the internet.
- Research boating etiquette and ethics.
- Invite a water safety speaker from the Red Cross to discuss water safety with your class.
- Contact your swimming pool and have life guard speak on water safety to your class.
- Background Information website: “Iowa’s Aquatic Resources” and “Issues Facing Our Aquatic Resources.”

Post Discussion:

- Discuss how you felt kayaking? Did you feel safe? What would make you feel safe? Will you do it again? How can you get access to the equipment?
- Discuss other water recreation...swimming, fishing, scuba diving, canoeing. Invite speakers to talk about these types of recreation.

- Discuss experiences students have had on the water...good and bad. Discuss the water safety needed to be involved in water sports.
- Discuss water pollution. What is causing it?
- How is the pollution impacting our water resources, recreation opportunities, our wildlife habitats, etc.?