

ORCKA Instructor Student Assignments

Instructor course participants will be required to teach canoe skills, canoe safety and canoe theory. There are three assignments. The course director will give you a student number. For Assignment #1 look for your student number. Come prepared to teach each of the assigned theory and skill sessions under your student number. For example, if you are assigned student #1 you will teach pivots, swamp canoe and equipment theory. Handouts, props or other teaching material are encouraged. Make it fun! Camp Canoe Instructors only need to teach Tandem Skills, ignore the solo skill.

ASSIGNMENT #1

These assignments give you an opportunity to practice teaching to your peers and get feed back. Some of the information you will need to put this together can be found in the ORCKA Basic Canoe Program manual sent to you as a .pdf file, previous experience taking ORCKA courses and doing your own research. It may give you comfort to know you will not be asked to teach a canoe skill session the first day but you probably will be asked to teach a theory session the first day. The criteria for what to teach can be found in the ORCKA Basic Canoe Program manual file.

Maximum teaching times:

Skill – 25 minutes

Safety – 15 minutes

Theory – 15 minutes

IMPORTANT: if you are a Canoe Camp Instructor candidate you only have to teach a Tandem Skill. If you are a Basic Canoe Instructor candidate you teach both a tandem and solo skill.

Student 1:

Skill – Tandem pivots

Skill – Solo forward straight line

Safety – Tandem Retrieving a swamped canoe

Theory – Equipment knowledge

Student 2:

Skill – Tandem sideways displacement

Skill – Solo Pivots

Safety – Tandem Canoe over canoe rescue

Theory – Equipment care

Student 3:

Skill – Tandem Forward straight line

Skill – Solo Sideways displacement

Safety – Tandem re-entering a canoe

Theory – Government regulations

Student 4:

Skill – Tandem Inside and outside turns
Skill – Solo straight line stopping
Safety – Tandem Swimming and treading water
Theory – Safe canoeing procedures

Student 5:

Skill – Tandem Inside and outside circles
Skill – Solo Inside & outside circles
Safety – Solo retrieving a swamped canoe
Theory – Outdoor precautions

Student 6:

Skill – Tandem Stopping
Skill – Solo Inside & outside turns
Safety – Solo canoe over canoe rescue
Theory – Environmental awareness

Student 7:

Skill – Tandem Inside & Outside Landing
Skill – Solo reverse straight line
Safety – Solo reentering canoe
Theory – Windy weather precautions

Student 8:

Skill – Tandem Reverse Straight Line
Skill – Solo inside & outside landings
Safety – Solo retrieving a swamped canoe (you will work with student #5)
Theory – Canoe history

Student 9:

Skill – Tandem and solo launching & removing a canoe
Skill – Tandem and solo lifts & carries
Skill – Tandem balancing
Safety – Solo canoe over canoe rescue (you will work with student #6)
Theory – Selection of equipment

Student 10:

Skill – Tandem and solo paddling positions and trimming
Skill - Transporting canoe on vehicle
Skill – Tandem changing positions
Safety – Solo reentering canoe (you will work with student #7)
Theory – Day trip packing

ASSIGNMENT #2

Hand in a Lesson Plan the morning of the second day of the course based on your assigned theory teach. For example, if you are Student #1 you will hand in a lesson plan on Equipment Knowledge. Lesson plan resources are available on the Akuni Adventure Web site www.akuni.com under Resources-> ORCKA Instructor -> Lesson Plans. Lesson plan resources are also available in the course manual handed out the first day of class. We recommend you come to the first class with a prepared lesson plan to show your instructor. Your instructor will give you comments and you can make any changes to be handed in for the second day. Ideally you should make a lesson plan for all your teaching sessions.

Assignment #3

Come prepared to lead the students in a morning stretch and a canoe game.

If you have any questions please contact your course Director.