

Get Moving: Canoes

How to Hold Your Paddle

Learning how to move and **steer** your boat is an important skill to practice. Basic paddling **strokes** will get you where you want to go. Paddling strokes will also help you avoid **hazards** in the water.



FORWARD STROKE: Moves the canoe forward.

- Holding the paddle vertical to the boat, place the blade in the water in front of you.
- Pull the paddle back towards you in a straight line.
- Once the blade reaches your hips, bring it out of the water.



BACK STROKE: Moves the canoe backwards.

- Holding the paddle vertical to the boat, place the blade in the water behind you.
- Pull the paddle towards you in a straight line.
- Once the blade reaches your body, bring it out of the water.



PRY: Pushes the canoe away from the side you are paddling on.

- Rotate your upper body towards the side from which you are going to paddle. Turn the paddle, so that the blade is parallel (same direction) to your canoe.
- Place the blade in the water vertically alongside the canoe.
- Push the paddle away from the canoe.



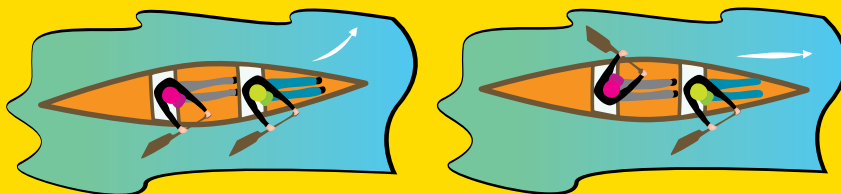
DRAW: Pulls the canoe towards the side you are paddling on.

- Rotate your upper body towards the direction you are going to move the kayak. Turn the paddle, so that the blade is parallel to your canoe.
- Without leaning your shoulders outside the gunwale, plant the blade in the water away from the canoe.
- Pull the paddle towards the canoe.



Canoeing Takes Teamwork

The canoe will turn in the opposite direction of the side you are **paddling**. To move the canoe straight ahead, both people should paddle on opposite sides.



Remember, the person sitting in the front of the canoe cannot see the paddler in the back. If you are in the back of the canoe, be sure to tell the front paddler when a change in paddling stroke is needed.