

Appendix - Reference

Canoeing is mostly organised as a co-curricular activity. In Hong Kong, there are few locations suitable for organising canoeing activities. Also, there are many thunderstorms; rainstorms and typhoons in the summer and strong monsoons are common in winter. As the abilities of students vary a lot, before introducing canoeing to students, teachers should refer to the following skills list and select suitable teaching materials for their students.

Levels of canoeing skills and theories

Skills	LOF Level					
	3	4	5	6	7	8
• Putting on life jacket	○					
• Forward and reverse paddling	○					
• Emergency stop	○					
• Carrying, getting in and getting out	○					
• Sweep Stroke	○					
• Raft up	○					
• Capsize drill	○					
• Emptying a canoe in pairs	○					
• Carry a canoe alone		○				
• Control of stern rudder		○				
• Appropriate use of raft		○				
• “HI” rescue		○				
• Draw stroke			○			
• Recovery stroke			○			
• Empty of a boat alone			○			
• “X” rescue			○			
• getting in and getting out (at pier/beach/ramp)				○		
• Empty of a swamped boat alone				○		
• Running recovery stroke				○		
• Swimmer to canoeist rescue					○	
• Eskimo rescue					○	
• A day canoeing trip of not less than 15 kilometres						○

Theories	LOF Level					
	3	4	5	6	7	8
• Whistle signals	○					
• Personal equipment	○					
• Knowledge of life jackets, paddles and canoes		○				
• Effect of weather on canoeing activities		○				
• Safety precautions	○		○			
• Personal and group equipment for a trip				○		
• Route planning					○	
• Wind, tides and currents and their relevance to canoeing						○
• Emergency repairs on a sea trip						○