

SPORTING *Schools*



Teacher delivered information booklet



PADDLE
OZ

Paddle 
Australia

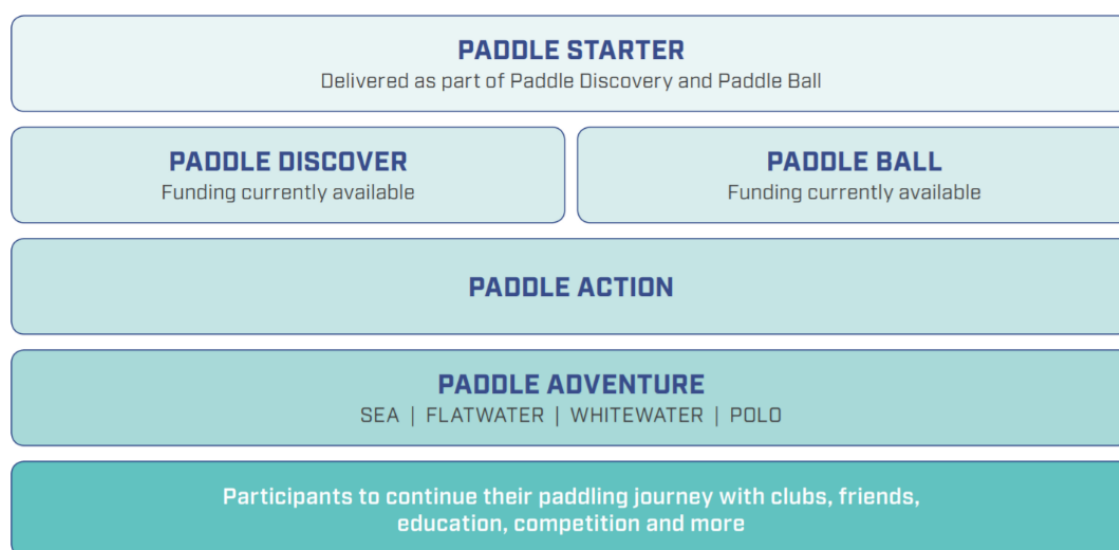
PADDLE OZ PROGRAM

Paddle Oz is Paddle Australia's national participation program. Two programs which form part of Paddle Oz are offered as Sporting Schools paddling programs: Paddle Discovery and Paddle Ball. These consist of either 4 x 1-hour, 2 x 2 hour or 1 x 4 hour sessions, delivered at a lake, slow moving river or swimming pool nearby.

AIMS OF PADDLE OZ

- Enable more young people to try paddling and stay paddling
- Engage young people in the sport of paddling through the Power of Play!
- Provide a quality, enjoyable, sociable, and safe introduction to paddling
- Eliminate barriers to participation by providing access to equipment and instruction
- Use games and activities to support experiential learning
- Establish basic paddling skills and knowledge that support future paddling pathways
- Provide a progression through to specialised areas of paddling
- Develop an awareness of all aspects of paddling
- Provide links to clubs, Paddle Education, and other paddling opportunities
- Assist clubs in developing young paddlers
- Allow flexibility in delivery according to venues and situations
- Increase the level of safe paddling practices in the community through educating young people

PATHWAY



PADDLE DISCOVERY

The Paddle Discovery program is designed for participants to learn the basic skills of paddling in an experiential manner through a range of games and activities. Basic instruction may be required to consolidate learning from the games and activities. Very basic craft handling and safety skills should be achieved by the completion of this level.

AIM OF PADDLE DISCOVERY

The Paddle Discovery program aims to introduce young people to the activity of paddling. Through paddling games, participants will learn basic paddle skills in a fun environment, discovering what an exciting activity paddling can be.

VENUE

The venue for the Discovery program can be almost any swimmable, enclosed flatwater. This program would work well in a swimming pool or a lake or on a slow moving river which would allow for a very controlled environment for safety and ease of communication during activities.

EQUIPMENT

All equipment used for the program needs to be checked to ensure it is at a safe standard for its intended use.

Equipment will include:

- Paddle craft
Sit-on craft are Paddle Australia's craft of choice as they are cheap to purchase, robust and safe for wet exits. Single sit-in kayaks are also suitable.
- Lifejackets
- Paddles
- Games resources

DELIVERING THE PROGRAM

The Paddle Discovery deliverer is required to plan how they would like to run the program. Only a sample of a lesson plan is given so that deliverers can develop a delivery style that will suit the participants' abilities and requirements. The program needs to be delivered over a total of four hours.

The concept of the Paddle Discovery program is to introduce paddling and teach skills through active participation in fun games and activities. Some teaching or demonstrations will be required but these would be best kept short and spread out.

The final objectives for the Paddle Discovery program are below. It is up to the deliverer to assist participants in reaching these objectives.

OBJECTIVES (PROGRAM CONTENT)

- Demonstrate awareness of water safety
- Choose and fit lifejacket and appropriate clothing for conditions
- Demonstrate basic knowledge and use for parts of paddle
- Get into and out of craft from shore without assistance

- Paddle craft with an upright sitting position
- Change direction while paddling to follow a course
- Maintain balance while rocking craft from side to side
- Exit craft, swim around, self-rescue with assistance
- Make appropriate safe decisions when paddling with others
- Improve water confidence

BRIEFING CHECKLIST

Briefing may include but is not limited to:

- Introduction
- Clothing, footwear, and weather protection check
- Purpose and duration of activity
- Lifejacket fitting
- Craft introduction
- Paddle introduction
- Strokes as required
- Launching
- Capsize procedure
- Communication
- Limits
- Foreseeable risks
- Warm up

RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

Session One

Objectives:

- Water safety
- What to wear paddling
- How to fit and be comfortable in a lifejacket
- How to hold a paddle
- How to get in and out of a craft with assistance
- How to paddle forward, backwards and stop

Resources:

- Craft and equipment
- Whistle
- Activity resources

Prior to the program, ensure that you have completed all the required items in the trainer checklist.

PADDLE DISCOVERY SESSION ONE	
5 min	Check names against registrations
15 min	Complete briefing (briefing points provided)
5 min	Water safety talk (e.g. look before you leap, water movement, never paddle alone, check the weather, tell someone where you are going)
5 min	Launch (give assistance to steady craft)
15 min	Forward, backwards and stopping stroke practice (games e.g. boat glide, before the ball)
10 min	Paddle explore (if waterway allows or play another game)
5 min	Exit water

Session Two

Objectives:

- Water safety
- Fitting your own lifejacket
- How to get in a craft without assistance
- How to turn your craft
- How to exit craft in water

Resources:

- Craft and equipment
- Whistle
- Activity resources

Prior to program ensure that you have completed all the required items in the trainer checklist

PADDLE DISCOVERY SESSION TWO	
5 min	Check names against registrations
10 min	Complete briefing (use questions to draw the answers from the participants and ask them to demo when required)
5 min	Water safety talk (ask participants to recall these from last session)
5 min	Launch (participants to launch themselves or assist each other)
5 min	Introduce forward and reverse sweep strokes
15 min	Sweep strokes game (e.g. 360 race, cats and dogs)
10 min	If weather and water quality allow, participants to capsize, swim around and under craft then tow craft to shore holding the handles
5 min	Exit water

Session Three

Objectives:

- Water safety
- Select and fit own lifejacket
- Comfortable to float and swim in a lifejacket
- How to get in and out of craft without assistance
- How to move a craft sideways
- How to rock your craft from side to side

Resources:

- Craft and equipment
- Whistle
- Activity resources

Prior to the program, ensure that you have completed all the required items in the trainer checklist.

PADDLE DISCOVERY SESSION THREE	
5 min	Check names against registrations
10 min	Complete briefing (ask participants to do briefing as a team)
5 min	Water safety talk (ask participants to recall these from last session)
5 min	Launch (participants to launch themselves)
5 min	Forward and reverse sweep stroke recap from participants
10 min	Introduce basic and feathered draw stroke
10 min	Draw strokes games (e.g. cat and mouse)
5 min	Bracing intro and practice. Once capsized, swim to shore.
5 min	Exit water

Session Four

Objectives:

- Water safety
- Confirm understanding and practice skills learnt

Resources:

- Craft and equipment
- Whistle
- Activity resource

Prior to the program, ensure that you have completed all the required items in the trainer checklist.

PADDLE DISCOVERY SESSION FOUR	
5 min	Check names against registrations
5 min	Confirm briefing (quick recap)
5 min	Launch
30 min	Paddle explore or games (e.g. go fetch, blowing in the wind, sponge tag)
5 min	Exit water
5 min	Water safety reminder
5 min	What happens next <ul style="list-style-type: none"> - Local paddling opportunities - Local paddling contact

PADDLE BALL

The Paddle Ball program is designed for participants to learn the basic skills of paddling in an experiential manner to develop the skills and knowledge required to participate in the team sport of Paddle Ball. Basic craft handling, safety skills and rules of the game should be achieved by the completion of this level.

AIM OF PADDLE BALL

The Paddle Ball program aims to introduce young people to the sport of canoe polo using a modified version of the game, known as Paddle Ball. The aim of the program is to promote an activity that can be delivered by a local community or group, on their local waterway or pool.

VENUE

The venue for the Paddle Ball program can be almost any swimmable, enclosed flatwater such as a swimming pool or similar venue which would allow for a very controlled environment for safety and ease of communication during activities.

EQUIPMENT

All equipment used for the program must be checked to ensure it is at a safe standard for its intended use.

Equipment will include:

- Paddle craft
Sit-on craft are Paddle Australia's craft of choice as they are cheap to purchase, robust and safe for wet exits. Single sit-in kayaks are also suitable.
- Lifejackets
- Paddles
- Helmets with face guard are recommended but not mandatory
- Soft ball (such as a Wahu soccer ball)
- Goals
Blow up goals can be purchased, otherwise a floating hula-hoop, rubber ring, or buoy etc will work

DELIVERING THE PROGRAM

The concept of the Paddle Ball program is to introduce participants to paddling and the sport of Paddle Ball. This will help develop paddling skills through active participation. The Paddle Ball program will be delivered over a 4-hour program.

Some basic instruction and introduction to paddling should be completed prior to entering into the game of Paddle Ball.

The game itself can be played from 2 to 5 aside and can be unbalanced if necessary and split between skill levels. To identify the teams, we suggest different coloured netball bibs (with numbers if you need to identify specific players). You could play with more than 5 aside but this would be determined by the size of the "pitch" and how engaged everyone would be – i.e. more on the field, less ball contact etc.

RULES

- Aim of the game is to get the ball into the goal (or net, hoop, buoy etc)
- Games can be played with up to 5 aside, preferably no more
- No catching allowed
- Ball must touch the water before it can be thrown
- No guarding the goal: patrolling is ok but sitting still is not
- Start is by coin toss: winner takes possession, loser chooses initial direction
- All start from behind the goal line
- After each score, return to goal line
- Hand to hand combat for the ball is ok but paddle to hand or any part of the body is NOT ok. The offender loses possession
- Any penalty results in loss of possession, with the ball handover at place of infringement
- No boundaries
- Ball still in play behind the goal
- No “travelling” with the ball

OBJECTIVES (PROGRAM CONTENT)

- Choose and fit lifejacket and appropriate clothing for conditions
- Show basic knowledge and use of parts of paddle
- Get into and out of craft from shore without assistance
- Paddle craft with an upright sitting position
- Change direction while paddling
- Maintain balance
- Make appropriate safety decisions
- Demonstrate awareness of water safety
- Improve water confidence
- Gain knowledge and experience the game of Paddle Ball
- Work as part of a team
- Strengthen relationships

PADDLE BALL SETUP

- Fields to be set up roughly 40 metres in length, with a goal at each end
- Fields to be roughly 20 metres apart
- Goals to be weighted down
- Boats to be laid out and ready
- Paddles to be laid out and ready
- Lifejackets laid out in size order to expedite fitting of participants.
- Helmets laid out ready

BRIEFING CHECKLIST

Briefing may include but is not limited to:

- Introduction
- Clothing, footwear, and weather protection check
- Purpose and duration of activity
- Lifejacket fitting

- Helmet fitting
- Craft introduction
- Paddle introduction
- Strokes as required
- Launching
- Capsize procedure
- Communication
- Limits
- Foreseeable risks
- Warm up

RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

Session One

Objectives:

- What to wear paddling
- How to fit and be comfortable in a lifejacket
- How to hold a paddle
- How to get in and out of a craft with assistance
- How to paddle forward and stop

Resources:

- Craft and equipment
- Whistle
- Activity resources

PADDLE BALL SESSION ONE	
5 min	Check names against registrations
15 min	Complete briefing (briefing points provided)
5 min	Water safety talk (e.g. look before you leap, water movement, never paddle alone, check the weather, tell someone where you are going)
5 min	Launch (give assistance to steady craft)
10 min	Forward, backwards and stopping stroke practice (games e.g. boat glide, before the ball)
5 min	Split into teams
10 min	Play a game of Paddle Ball
5 min	Exit water

Session Two

Objectives:

- Water safety
- Fitting your own lifejacket
- How to get in a craft without assistance
- How to turn your craft
- How to exit craft in water

Resources:

- Craft and equipment
- Whistle
- Activity resources

Prior to the program, ensure that you have completed all the required items in the trainer checklist.

PADDLE BALL SESSION TWO	
5 min	Check names against registrations
10 min	Complete briefing (use questions to draw the answers from the participants and ask them to demo when required)
5 min	Water safety talk (ask participants to recall these from last session)
5 min	Launch (participants to launch themselves or assist each other)
5 min	Introduce forward and reverse sweep strokes
5 min	Split into teams. Get teams to raft up facing each other
20 min	Play a game of Paddle Ball using new skills. Make up of teams different to first week. If necessary, develop powerplay (e.g. losing team gets double points)
5 min	Exit water

Session Three

Objectives:

- Water safety
- Select and fit own lifejacket
- Comfortable to float and swim in a lifejacket
- How to get in and out of craft without assistance
- How to move a craft sideways
- How to rock your craft from side to side

Resources:

- Craft and equipment
- Whistle
- Activity resources

Prior to the program, ensure that you have completed all the required items in the trainer checklist.

PADDLE BALL SESSION THREE	
5 min	Check names against registrations
10 min	Complete briefing (ask participants to do briefing as a team)
5 min	Water safety talk (ask participants to recall these from last session)
5 min	Launch (participants to launch themselves)
5 min	Introduce basic and feathered draw stroke
5 min	Split into teams
20 min	Play a game of Paddle Ball using new skills. Make up of teams different to first week. If necessary, develop powerplay (e.g. losing team gets double points)
5 min	Exit water

Session Four

Objectives:

- Water safety
- Confirm understanding and practice skills learnt

Resources:

- Craft and equipment
- Whistle
- Activity resource

Prior to the program, ensure that you have completed all the required items in the trainer checklist

PADDLE BALL SESSION FOUR	
5 min	Check names against registrations
5 min	Confirm briefing (quick recap)
5 min	Launch
5 min	Introduce bracing
25 min	Play a game of Paddle Ball using new skills
5 min	Exit water
5 min	Water safety reminder
5 min	What happens next <ul style="list-style-type: none"> - Local paddling opportunities - Local paddling contact

TRAINER CHECKLIST

For each program, the deliverer should complete a program checklist.

Deliverer	Program
Date	Session
<p>Before program and leaving for site</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check BOM weather forecast and determine how the forecast will affect your area of operation <input type="checkbox"/> Review and adjust the risk management process for the given people, environment, and equipment <p>At location</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prepare all equipment and ensure all is in good repair <p><i>Bungs are in, hatches attached, lose rope fastened, lifejacket attachments etc</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Prepare equipment for games e.g. buoys in water, markers, balls etc <input type="checkbox"/> Check surrounding area for any new hazards e.g. broken glass, slippery ground etc <input type="checkbox"/> Identify evacuation point <input type="checkbox"/> Brief assistants on safety, session plan, and roles for the session <input type="checkbox"/> Welcome participants <input type="checkbox"/> View medical forms to be aware of potential issues <input type="checkbox"/> Deliver briefing and program <p>After program</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gear check and pack up <p><i>Make note to repair any faulty equipment</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Location check for any equipment left behind <input type="checkbox"/> Record new hazards or identified risks and forward to PA or SPA. <input type="checkbox"/> Fill out incident forms / first aid reporting and forward to PA or SPA. 	

STUDENT GROUP MANAGEMENT TIPS AND MESSAGING

- Be well prepared prior to the commencement of the program.
- Set the scene and expectations for the group and the leaders – fun and enjoyment! Why we are doing it? – Feeling great after being active. Why do you, as an instructor, love sport?
- Be empathetic towards and aware of barriers to getting involved e.g. never played sport before, body image, lack of confidence.
- Assign each participant a buddy who is responsible for accounting for them during the activity, both on and off the water.
- Keep the participants within communication distance.
- Keep participants engaged throughout the program – emphasis on fun and playing age appropriate games.
- Ensure all participants are listening prior to giving instructions. Identify “ringleader” to help with keeping group engaged.
- Discontinue with instructions and wait if all participants are not paying attention.
- When walking to facilities, go in pairs and advise PD.

RATIOS

PA recommends a maximum ratio of 1:10 for Sporting Schools programs. The Paddle Oz deliverer should complete a risk assessment to determine if this ratio is appropriate for the intended group.

GAMES AND ACTIVITIES

Warm Up Activities

Ball steel:

Players collect one ball at a time from the central spot or each other's collection zone, to gain as many items as possible in the allocated time

Equipment	30+ Balls or similar items Cones or hoop to define collection areas Flat area free of obstruction
Setting up	Place all items in a central location to all players Mark out player collection area
Playing	On a signal from the instructor, players start at their collect area and run to collect the items from the central location Players are to collect as many as they can in the time e.g. 2 minutes They can collect from other players' collection areas
Change it	Make it the first player to 5 items wins Pair people up and play as teams
Tips and Safety	Ensure distance between collection areas

Flip it:

Each player has a PFD. Half of the players place the PFD front up with the other half front down. On a signal, players run around trying to flip over the other group's PFDs to match their own

Equipment	Markers Lifejackets
Setting up	Divide the players into 2 groups Place markers out to define play area
Playing	Play for a set time e.g. 60 seconds each round
Change it	Bigger or smaller playing area More markers than people Smaller groups in smaller area Flip a lifejacket and have to run to a corner before the next
Tips and Safety	Use a braking activity as a player approaches a lifejacket, they do something to slow down e.g. Jump, clap etc Winning team, is the one with the most lifejacket up their way

Form a group:

Players run around in random directions avoiding body contact with other players. The Instructor calls a number and players form groups that size.

Equipment	Markers
Setting up	Mark an area free of obstructions Disperse the players within marked area
Playing	Start with slow jogging Try several group sizes before you get to the number you would like for the subsequent activity, e.g. start by calling 2s, then 6s, and finally the group size you want, such as 4s – you may wish to add a 'new people in group' rule for the second and third calls
Change it	Vary the locomotion- e.g. short bursts of running, hopping and fast walking before calling a group size Players must run to the nearest boundary and touch it with their feet before forming the group
Tips and Safety	Choose an area away from obstructions Players should be familiar with space and other player awareness activities Start with slow jogging

Moo Baa:

Participants form a circle shoulder to shoulder with a paddle in front, with blade on ground and 1 hand on T grip. On a signal the participants move left or right to grab the next paddle.

Equipment	One paddle per person Flat area
Setting up	Paddles for 1 per person
Playing	Each player has a paddle Players stand the paddle on the ground with one hand on the paddle Make up a word to replace left and right (or use Moo and Baa) When the coach calls the word for right, everyone lets go of their paddle, steps right and grabs the paddle to their right They can only grab the paddle with the hand they were holding their paddle with Participants are out if the paddle falls to the ground
Change it	Include other moves e.g. skip a paddle, turn in a circle Do trick calls to catch people out The whole group takes a step out
Tips and Safety	Use an area that is free from obstructions Have a practise round before an elimination round

Paddle spin:

Participants spin around a paddle 10x and attempt to run in a straight line for 10 meters

Equipment	Paddle Markers Large grass area free of obstructions
Setting up	Place markers out to show a distance of 10 metres
Playing	One or two at a time, participants place the tip of the paddle on the ground With both hands on the T grip or around halfway up the shaft, bend over and place head on hands Looking down at the ground, spin around 10 times and then try to run the 10-meter course
Change it	Time people to see if they can beat their own time Reduce the amount of turns if needed
Tips and Safety	Ensure large grass area, free of obstructions is used Have people walk the 10 metres

Skill Development

Ball collect: (turning, draws)

Players collect one ball at a time from the central spot of each other's collection zone, to gain as many items as possible in the allocated time

Equipment	Craft Paddles Lifejackets Balls
Setting up	Place all items in a central location to all players Mark out player collection area
Playing	On a signal from the instructor, players start at their collect area and paddle to collect the items from the central location Players are to collect as many as they can in the time e.g. 2 minutes They can collect from other players' collection areas
Change it	Make it the first player to 5 items wins Pair people up and play as teams
Tips and Safety	Ensure distance between collection areas

Before the ball: (stopping)

Paddlers their craft at their ball and attempt to stop before they run it over

Equipment	Craft Paddles Lifejackets Balls
Setting up	Give each boat a ball Have all craft in an area they are able to see the instructor
Playing	Paddlers throw their ball in front of them as far as they can They then gain speed and aim for the ball The goal is to stop as close to the ball as possible before hitting it
Change it	Close eyes and perform an emergency stop to feel the effects on the craft
Tips and Safety	Ensure distance between paddlers

Blowing in the wind: (turning, draws, balance)

Teams paddle their craft to collect as many balls as possible

Equipment	Paddle Craft Lifejackets Numbered or coloured balls
Setting up	Spread the balls out on the water, allowing for any flow or wind influence
Playing	On a signal from the instructor, paddlers race to collect as many balls as they can
Change it	Have different balls worth different values, e.g. blue are 1 point, yellow are 2 points or use the numbers on balls as their value
Tips and Safety	Brief what to do if you fall in

Boat glide: (forward)

Paddlers try to move their craft from one marker to the other with the least number of strokes

Equipment	Craft Markers for in water Paddle Lifejackets
Setting up	Place out 2 markers in the water, approx. 30 – 50 metres apart
Playing	Have teams start on one line and paddle with the least number of strokes to make it to the other end
Change it	Extend the distance Try with eyes closed to go in straight line
Tips and Safety	Watch for collision Choose an area that all craft can fit Explain nice smooth, long strokes

Cats and dogs: (forward, stop, sweeps)

Participants are either Cats or Dogs and chase each other to make the tag

Equipment	Craft Paddle Lifejacket Defined area
Setting up	Define an area Divide group into an even number of Cats and Dogs Participants spread out in defined area
Playing	When trainer calls GO, all participants start making the noise of their given animal (Cat or Dog) and continue to make the noise throughout the game The Cats' job is to catch the Doga and tag their craft using hand or paddle The trainer can reverse by calling Dog and the Dogs catch the Cats
Change it	Define where to tag craft Must use hand to tag Can use ball as tagging device
Tips and Safety	Do not make the area to big so that people can hide on the borders Nobody tags with paddle

Chain links: (forward, sweeps)

A follow the leader type of game, with the leader changing positions throughout the game

Equipment	Craft Paddle Lifejackets
Setting up	Need a stretch of water at least 200 – 300 metres long
Playing	Paddlers make a chain down the river and start paddling. The idea of the game is for the second person in the chain to tap on the back of the first boat with their paddle. The first boat then goes to the back of the chain and the second boat becomes the new leader. The game then repeats
Change it	Variations of game
Tips and Safety	Not a race Aim of game is for each player to have a turn at the front with smooth transitions

Cowboys and Indians: (balance, turning)

Teams attempt to move past each other without becoming capsized

Equipment	Craft Lifejackets Markers to mark start lines
Setting up	Divide the participants into two teams (Cowboys and Indians) Cowboys are at one end of the marked field behind their line, Indians at the other
Playing	When the instructor gives a signal, both teams try to get from their line to the other line As you pass the other team, you try to tip them out of their craft If players reach the other line, turn around and battle again
Change it	Have people kneel to make them more unstable
Tips and Safety	All participants to wear a lifejacket Helmets could be worn, depending on variations played

Follow the leader: (turning, draws, backwards)

All paddlers follow a leader who negotiates obstacles, gets the group to perform a range of manoeuvres e.g. rotate through 180 degrees, stand up in boat, paddle sideways

Equipment	Craft Paddle Lifejackets
Setting up	Lay out some buoys in water if required
Playing	A leader is nominated (this may be the trainer for the first one). On a signal, all participants follow the leader and perform the manoeuvres that the leader does.
Change it	Eventually paddle as a group in a circle and then become a figure 8. Rather than follow the leader, the leader could be asking the group to try various manoeuvres Could use the Simon Says concept where the participants only do the manoeuvre when the leader says 'Simon says' If one gets caught, continue until only one participant left
Tips and Safety	Avoid ramming another craft Be aware of paddle when adjacent to another paddler

Go fetch: (turning, draws, backwards)

Teams are given a number to collect that is written on a ball. Teams need to find their number in the crowd of balls before other teams do.

Equipment	Paddle Craft Lifejacket Numbered balls
Setting up	Spread the balls out on the water, allowing for any flow or wind influence Give each team a number that they have to find the ball for
Playing	On a signal from the instructor, teams race to collect their ball If teams find other teams' numbers, they can throw them out of the way (but all balls must stay in water) First team back to home base with their ball is the winner.
Change it	Give each team more than one number, maybe 2 or 3.
Tips and Safety	Brief what to do if you fall in

Green light: (forward, stop)

Played on land, participants practice forward and stopping strokes

Equipment	Markers Paddles
Setting up	Places markers out to define 2 lines 20m apart Participants to start on one line
Playing	Trainer calls green light, participant walk and paddle towards next line. When trainer calls orange light, they prepare to stop. When trainer calls red light, participants perform 3 or 4 stopping strokes
Change it	Have participant make calls Change words to strokes names
Tips and Safety	Ensure space between people

Paddle netball: (balance, stroke combination)

Two teams. The aim of the game is for each member of a team to throw/catch the ball before aiming for the goal

Equipment	Craft Paddle Lifejacket Big soft ball
Setting up	Defining the play area and describing the rules
Playing	Paddles are not allowed to push other players or boats Paddles may be put straight into the air to deflect the ball Paddles may not be held near a face to stop a throw Every member of a team must throw and catch the ball at least once before an attempt at goal If the other team touches the ball, once “your team” gets the ball again, the team count starts from one
Change it	Make a rule that everyone must touch the ball so all the students are included. If this rule is omitted, the strong paddlers will try to dominate and the weaker paddlers become spectators
Tips and Safety	Any more than 12 and this game can get out of hand. If the teams end up being a bit out of balance, then having the goal as a staff member means that the staff member can move themselves such as to make it harder for the stronger team to score

Modified canoe polo: (balance, stroke combination)

The objective of the game is for the team to keep possession of the ball for as long as possible.

Equipment	Craft Paddle Lifejacket Big soft ball
Setting up	Lay out some buoys in water if required
Playing	Player needs to pass the ball within five seconds. Cannot paddle with ball on the deck. Boundaries of the playing area to be defined.
Change it	Set up goals or people to act as goals. Can only score if every member of the team receives the ball.
Tips and Safety	No ramming in the cockpit area. No hacking with the paddle while the ball is being gathered. Avoid having the paddle near another player's head. Should ensure the paddle is arm's length away during play.

Musical craft: (sitting position)

Played on land, participants practice getting in and out and correctly sitting in craft

Equipment	One less craft than participants
Setting up	Place all the craft into a circle on open flat ground
Playing	Can use music, singing, clapping etc. People walk around the craft while the music is playing When the music stops, people sit in a craft as quickly as possible The person that does not get a craft is out Reduce the craft so there is always one less than the participants
Change it	Remove more than one craft at a time Have a variety of craft
Tips and Safety	Ensure space between craft Walking only

No paddle relay: (balance)

Buoys are placed in the water for each team. A course is given to the teams to race around

Equipment	Craft Lifejackets Buoys
Setting up	Place markers in the water, one for each team Divide participants into teams
Playing	Have all teams start at a start line, teams are to enter into craft and race around the buoy and return. With no paddle, paddle with hands out and back One person paddles craft out, ties craft to buoy and swims back Next teammate swims out, unties craft, gets on and paddles back. Both teammates paddle out, capsize at buoy and swim craft back in Winning team is first to complete all the above
Change it	Have more buoys to perform figure 8s Paddle craft backwards out and return One person is blindfolded
Tips and Safety	All participants to wear a lifejacket Allow plenty of room between team buoys

Pick up: (water confidence)

Teams of participants are to swim out, pushing and pulling their craft to collect as many floating balls and items that are in the water as possible

Equipment	Craft Lifejackets Floating objects approx. 50 - 100 (coloured balls work well)
Setting up	Divide the participants into boat teams Place items out on the water
Playing	When the instructor gives a signal, all teammates enter the water with their craft They are given no paddles and need to move the craft around to collect as many items as possible and place them into the craft After a set time or once all items are collected, teams then return the craft with all the items to shore for a final count
Change it	Have different coloured items with different points attached to each Certain coloured craft must collect a certain colour item Allow stealing from other craft
Tips and Safety	All participants to wear a lifejacket

Red rover: (forward, stop)

Players on one side of a defined area have to paddle to a safe area past a person in the middle without being tagged by a paddle on the front or back deck. When caught, they become an additional tagger in the middle

Equipment	Craft Paddle Lifejacket
Setting up	Define boundaries and safe area at each end of the playing area
Playing	The player in the middle identifies those who are to attempt to get to the opposite safe area. Example: Those in red boats, those wearing a black cap, Red Rover all over. Game continues until everybody is caught
Change it	
Tips and Safety	No ramming in the cockpit area Be aware of paddle when adjacent to another kayak

Rock and roll: (low support)

Participants practice low support while removing objects from the craft

Equipment	Craft Paddle Lifejacket Balls/objects
Setting up	Define an area Participants spread out in defined area Participants place objects on deck or in craft
Playing	Participants practice the low support stroke tipping the craft to tip the objects into the water while using the low support to recover
Change it	Race to tip off all objects Use a variety of objects, some that come off easy, others that are more difficult
Tips and Safety	Ensure people are using correct technique

Sharks and seals: (turning, stopping)

Continuous tag

Equipment	Craft Paddle Lifejacket
Setting up	Define boundaries
Playing	Identify those who are going to be Sharks and who are going to be Seals Sharks must make appropriate sounds while paddling e.g. Theme from Jaws Seals must bark like a seal while paddling The aim of the game is for the Sharks to tag the Seals by touching the front or back deck with their paddle Once tagged, the Seals become Sharks until all Seals are caught
Change it	Other ways of playing continuous tag e.g. cowboys and cows.
Tips and Safety	No ramming around the cockpit area Ensure safe use of paddle when adjacent to another craft

Sponge tag: (turning, stopping)

Good old tag, but with sponges rather than balls

Equipment	Craft Lifejackets Paddles Sponges x 3 - 5
Setting up	Set up boundaries for a playing field Players on in their craft One player has 3- 5 sponges
Playing	Participants spread out within the playing field On the instructor's signal, the player with the sponges paddles and throws them at other players to tag them in
Change it	Once tagged players join the tagger, they form a team Once more than 3 craft in, no more paddling with sponge
Tips and Safety	All participants to wear a lifejacket Many capsize while retrieving sponges

360 race: (sweeps)

Participants race to complete a circle in both directions.

Equipment	Craft Paddle Lifejacket
Setting up	Participants spread out on the water to allow room to turn craft without sitting on one another
Playing	When instructor calls GO, participants turn their craft in a full circle on the spot. Once complete, they turn back the other way The winner is the one who completes the two circles first
Change it	More than one circle in each direction Use a relay system with teams of 3 or 4. When one finishes, the next starts. The winner is the first team for all to complete their turns.
Tips and Safety	Can lead to capsize Check people are completing a full sweep

Wrap Up Activities

Next time

Briefing is given to the group on what to expect in the next session

Equipment	Craft Paddle Lifejacket
Setting up	Participants spread out on the water to allow room to turn craft without sitting on one another
Playing	When trainer calls GO, Participants turn their craft in a full circle on the spot, once complete turn back the other way The winner is who completes the two circles first
Change it	More than one circle in each direction Use a relay system, teams of 3 or 4 when one finishes the next starts, first team for all to complete
Tips and Safety	Can lead to capsizes Check people are completing a full sweep

Starting with

Group is sitting in an area. The instructor asks general questions about the gear and lessons learnt from the session

Equipment	Markers
Setting up	Have group form circle or similar in a comfy area
Playing	Instructor is to ask questions about the session
Examples	Starting with L what is the jacket called you wear while paddling Name 6 parts of the craft What does FBF stand for? List the equipment you need to go paddling What are the names of parts of the paddle?
Change it	Have each team think of 3 questions to ask the rest of the group Point to parts of equipment and have people call out what it is Score teams for how many they get correct

Risk Management Sample

LIKELIHOOD		
Level	Descriptor	Description
A	Almost Certain	The event is expected to occur
B	Likely	The event will probably occur
C	Moderate	The event should occur at sometime
D	Unlikely	The event could occur at sometime
E	Rare	The event may occur in exceptional circumstances

CONSEQUENCE		
Level	Descriptor	Description
1	Insignificant	No injuries, low financial loss
2	Minor	First Aid treatment, medium financial loss
3	Moderate	Medical treatment required, high financial loss
4	Major	Extensive injuries, major financial loss
5	Catastrophic	Death, huge financial loss

RISK LEVEL					
Consequences					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level Expanded
H = High Risk
S = Significant Risk
M = Moderate Risk
L = Low Risk

Risks	Risk Level		Causal Factors		Risk Management Strategy
Drowning	Likelihood	E - Rare	People	Capsize, staff not able to rescue Not able to swim/keep head above water Medical condition	Participants briefed in capsize PDs trained and practice rescues Swim check done prior to activity Medical forms completed and checked
	Consequence	5 - Catastrophic	Equipment	No lifejacket Lifejacket incorrectly fitted Lifejacket faulty No safety lines/handles	Lifejacket supplied, donned and checked by PD at regular intervals Lifejackets condition checked by PD Craft has end handles or grab loops
	Risk Level	S – Significant Risk	Environment	Waves too large Caught in rip Water too deep Objects in water	Weather forecast checked Weather visually checked by PD PDs skilled in reading the water to avoid rips Launch and landing sites are chosen by PD One PD goes out first to check water
Separation	Likelihood	E	People	Not paying attention Poor briefing Poor ratio choice	Signals and formation briefed prior Briefing points supplied Ratio of 1:10 (as a guide)
	Consequence	3	Equipment	Unfamiliar craft Incorrect gear	Program conducted close to shore Gear checked by PD
	Risk Level	M	Environment	Strong winds Rips Tides	Weather and tides checked by PD
Cuts, Bruises, Sprains and Strains	Likelihood	C	People	Incorrect technique Fitness Poor carrying technique Inappropriate behaviour	PD briefs and checks technique Regular breaks Craft to be carried in twos if required Behaviour expectations are agreed by group Trailer loading and unloading is briefed by PD
	Consequence	1	Equipment	Incorrect equipment Poorly maintained equipment Hit with paddle	Gear check by PD Paddle briefing given and reminded prior to games and activities Helmets worn if appropriate and available
	Risk Level	L	Environment	Slippery surfaces	Surfaces are checked by PD, participants briefed

				Sharp items on ground	Area checked by PD All participants wear shoes
Hypothermia	Likelihood	E	People	Not enough food Poor health Fatigued	Gear list sent prior Spare food available Short program time Regular stops Medical forms completed
	Consequence	3	Equipment	Incorrect clothing	Clothing list sent prior Clothing checked Spare clothes carried
	Risk Level	M	Environment	Cold conditions	Weather forecast checked prior to trip and each day
Hyperthermia	Likelihood	E	People	Not enough water Over exertion Medical reason	Drink breaks Spare water carried Medical forms checked Regular breaks
	Consequence	3	Equipment	Incorrect clothing	Clothing list sent Clothing checked Spare/s carried
	Risk Level	M	Environment	Hot conditions	Weather forecast checked Seek shade when possible
Sunburn	Likelihood	C	People	Not applying sunscreen	Spare sunscreen carried Application time given Participants briefed on sun care.
	Consequence	1	Equipment	No hat No protective clothing No sunscreen	Equipment list sent Clothing checked Spare/s carried
	Risk Level	L	Environment	Long time in sun	Seek shade when possible
Dehydration	Likelihood	E	People	Not drinking Over exertion Incorrect clothing	Regular drink breaks Regular stops Small overall distance. Towlines carried. Clothing list issued, checked, Spare/s carried
	Consequence	2	Equipment	No water	Spare water carried/available

					Water locations noted.
	Risk Level	L	Environment	Hot conditions	Weather report/forecast checked
Medical conditions	Likelihood	C	People	Unknown condition Not completing medical form PD not having access to medical info	Emergency contact details held by PD Medical form is part of registration Medical info is printed as part of participant list
	Consequence	2	Equipment	No first aid equipment	First aid kit available
	Risk Level	M	Environment	Triggers in area of program	Review medical info and avoid if possible and educate participants
Fatigue	Likelihood	E	People	Fitness level Poor technique	Regular breaks PD skilled in teaching correct technique
	Consequence	2	Equipment	Incorrect gear	Gear checked by PD
	Risk Level	L	Environment	Strong winds, waves, tide. Large distance	Weather forecast checked prior and during trip. Appropriate craft & gear for program
School and jurisdictional requirements	Notes:	Items to review include but not limited to: - Lifejacket regulations - Ratios - Equipment to carry			
	General:	- First aid kit to be carried - Current First Aid and CPR award held - Evacuation and emergency response plan in place - A current Working with Children Check or equivalent is held by all PDs			

A blank Risk Management template can be found [here](#)