

**2011 SHAC Yellow Card Flatwater Canoe Training  
Fundamentals of Canoeing and Small Craft Safety - Canoeing  
American Canoe Association Essentials of Canoeing  
Taught by The Spring Woods Canoe Group (SWCG)**

**2011 COURSE DATES (each course includes one full weekend of paddling at Camp Strake and one weeknight video session in Houston prior to the course)**

FOC #1 – April 9-10 at Camp Strake with video night on April 5 (Tuesday)

FOC #2 – May 14-15 in Lake Jackson with video night TBA

FOC #3 – September 17-18 at Camp Strake with video night on September 13 (Tuesday)

The FOC classes are all-day classes and are strenuous. We recommend that you not camp and instead go home and sleep in your own bed on Saturday night. If anyone wants to camp, you must notify Susan Eda at the video night and plan on following all BSA regulations, including the 2 deep leadership requirement.

**You do not have to be a scout to take this class; it is open to the public. You must be 14 or older.**

**CERTIFICATES EARNED IN THIS COURSE (you must pass both the written & practical exams)**

**Red Cross Fundamentals of Canoeing**

**Red Cross Small Craft Safety-Canoeing**

**American Canoe Association Essentials of Canoeing**

**SHAC Yellow Card (if available from SHAC)**

**Scouting youth may complete the paddling portions of the Canoeing Merit Badge**

**VIDEO NIGHT (6:30 pm on Tuesday night before the course)**

FOC classes have a video night at St. Peter Church on the Tuesday 6:30 pm-9:30 pm before the class. St. Peter is located on the northeast side of the intersection of Long Point and Campbell Road in the Spring Branch area at 9022 Long Point Road. Videos are **mandatory** to passing the class; discuss with Susan if you have a conflict. You will have to preview them, attend another session, or else view them after the class. Cards will not be issued until a written summary of the videos is received if you cannot attend the video session.

**COURSE PREREQUISITES**

- Swimming ability - You will be required to pass the Red Cross Small Craft Safety Swimming test in the lake, wearing clothes and shoes.
- 14 years of age or older (Any minor taking the class needs to be supervised by an adult, who may or may not be taking the class as well)
- Physical skills required - You will have to exit and reenter your boat without swamping, then flip and reenter your canoe.
- Red Cross textbook - *Canoeing and Kayaking* **Read Chapters 1, 2, and 3 before the weekend class.**
- Red Cross textbook - *Small Craft Safety* **Read Chapters 1, 2, 3, 4, and Appendices A, B, and D. Complete the learning activities at the end of each chapter before the weekend class.** These books can be borrowed or purchased from us at the video session, or you get them yourselves.
- **Parts A and C of the BSA Annual Health and Medical form are due at video night.**

**COST**

Cost of the class is \$70.

Required books can be purchased on your own from the Red Cross office, a local bookstore, or from us at the video session. (*Canoeing and Kayaking* - \$9; *Small Craft Safety* - \$10).

Optional third book available for purchase at the video session – *Basic River Canoeing*, by the American Canoe Association - \$10

## **COURSE REQUIREMENTS (to pass the class)**

- Pass a written test for Fundamentals of Canoeing based on the Canoeing and Kayaking textbook (80%)
- Pass a written test for Small Craft Safety – Canoeing based on the Small Craft Safety textbook (80%)
- Pass a practical skills test in solo canoeing skills (maze and straight line paddling)
- Pass a practical skills test in tandem canoeing skills (maze and straight line paddling, in both the bow and stern positions, demonstrating strokes on both right and left paddling sides)
- Demonstrate mastery of 80% of the course material taught throughout the class and demonstrate a safe attitude throughout the class.
- Students who do not pass the class will be given the opportunity to attend a later class to remediate skills as necessary.

## **TO REGISTER**

Your check reserves your place in the class. We limit the class to 30 people. A waiting list will be kept.

**Please cancel by the Tuesday before the class if you want a refund. Cancellations after the Tuesday before the class will have their registration rolled over into the next available Flatwater training class.**

Please send the check and completed course registration form to:

**SWCG**

**c/o Pat Isley**

**9504 Truscon**

**Houston, Texas 77080**

Once you have registered, a confirmation email will be sent out with more specific instructions and a course syllabus. If you have questions, call or email Susan.

## **If you have questions or need more information**

Contact Pat Isley at 713-465-4116 or

Contact Susan Eda at 713-203-2452(cell) or 713-465-8711 (home) or email at [susaneda@mac.com](mailto:susaneda@mac.com)

## **WHAT TO BRING EACH DAY**

- **Meals will not be provided**, so bring your lunch and several snacks are also suggested.
- Large Cup for ice water and any other nonalcoholic beverages you desire to imbibe during the day
- Comfortable chair to sit in
- Wear clothes that are quick-drying or wicking fabrics, like nylon, acrylic, polypropylene, or synthetic blends. Swim trunks are ok. You will be wet. (Avoid cotton and denim)
- Change of clothes and shoes, including a windbreaker or other long-sleeved light jacket and a towel
- Wear shoes that will stay on your feet while swimming in the lake (like old tennis shoes or river/diving booties; aqua socks without a strap across the instep will not stay on your feet)
- 2 piece Rainsuit, **not** a poncho
- Hat with hat leash
- Waterproof sunscreen
- Chapstick
- A croakie or other glasses strap if you wear glasses (Spare glasses are a good idea if you cannot see to drive without them)
- A folder or clipboard to keep up with the handouts you will receive
- Pen or pencil to write with
- Insect repellent
- Light-weight fingerless gloves like bike gloves will help prevent blisters on your hands.

- Plastic bag for wet and muddy clothes and shoes (don't forget the dry shoes!)
- Your textbooks (*Canoeing and Kayaking ; Small Craft Safety*)
- Canoes, paddles and lifejackets will be provided, but, if you have your own paddle or lifejacket, you are welcome to bring them.

## **WHERE TO MEET**

**Video night** - FOC classes have a video night at St. Peter Church on the Tuesday before the class from 6:30 pm-9:30 pm.. St. Peter Church (UCC) is located at 9022 Long Point Road on the northeast corner of the intersection of Campbell Road and Long Point Road. To get there, take I-10 (the Katy Freeway) to the Campbell Road exit. This exit is located between the Blalock (one exit west) and Bingle Road (one exit east) exits. Go north on Campbell Road (Do not speed on Campbell Rd; it is a speed trap!) until you reach the T-intersection with Long Point Road. Turn right (east) onto Long Point, and turn left at the first possible road (about 50 feet from the light). This leads to the parking lot on the west side of Saint Peter Church. We will **meet in the Council Room** in the same building as the Fellowship Hall. Feel free to bring dinner, snacks and drinks and a comfortable camp chair to sit in if you want, because the church only has hard folding chairs in the room. There is a Whataburger located one block east of the church on Long Point. Any books or patches you have purchased and your receipts will be available at this meeting. **Please bring a copy of Parts A and C of the BSA Annual Health and Medical form to the meeting. We will need it for the duration of the class; then you may have it back. The medical forms can be downloaded from the SHAC website.** It is filed under "Annual Health and Medical form."

**SATURDAY** – Meet at Camp Strake at the Joplin Pavilion at Deer Lake at **8:30 am**.

Drive past the check-in building straight through the gate towards the campsites, the mess hall, and Deer Lake Lodge. The road curves to the right. Park in the parking lot located on the left side of the road. This is on the west end of the lake. You will see the trail leading to Joplin Pavilion. Bring all of your valuables with you; there has been a history of cars being broken into during classes. We will put wallets and phones in waterproof bags and keep them with us during the day. Class will end at approximately **6:30 pm** on **Saturday night**. We encourage people living in Houston to go home and sleep in their own beds. The class is intense, and you will be tired and stiff.

**(Directions to Camp Strake from Houston)** – Take I-45 North towards Conroe. Pass the Woodlands. Cross the San Jacinto River. When you pass the River Plantation exit, get into the far right lane. Exit at the next exit-Crighton Road/Camp Strake Road. Take the U-turn to head left again onto the southbound feeder road for I-45. Camp Strake will be the first driveway on your right.

**SUNDAY** - Class resumes at **8:30 am** and will finish by about **11:30 am**.

Meet at Joplin Pavilion at Camp Strake. Park in the parking lot located on the left side of the road. Make sure you have your books and a pen or pencil to take the written tests.

## **CLASS EXPECTATIONS**

1. Have fun safely with a canoe.
2. Learn how to paddle a canoe efficiently.
3. Shoes must be worn at all times, unless you are sitting under the pavilion watching a video or having lunch.
4. Lifejackets must be worn in the water, the boats, and near the waterfront.
5. Park in the parking lot west of Deer Lake, not along the road beside Deer Lake itself.

**Red Cross**  
**Fundamentals of Canoeing and Small Craft Safety**  
**American Canoe Association Essentials of Canoeing**  
**Course Registration Form**

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone home \_\_\_\_\_ work \_\_\_\_\_

E-mail address \_\_\_\_\_

Person and number to contact in the event of an emergency \_\_\_\_\_

Are you a member of the ACA? \_\_\_\_\_ If so, ACA #: \_\_\_\_\_

Are you a registered scouter? \_\_\_\_\_ SHAC unit number \_\_\_\_\_ District name \_\_\_\_\_

Allergies \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Current medications \_\_\_\_\_

Insurance policy name and number \_\_\_\_\_

Swimming Ability \_\_\_\_\_

Previous paddling experience and instruction \_\_\_\_\_

Something you really want to learn \_\_\_\_\_

**Please check all that apply.** Please make the check payable to: **Spring Woods Canoe Group or SWCG.**

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\_\_\_\_\_ FOC #2 – May 14-15 at Lake Jackson with video night to be determined

\_\_\_\_\_ FOC #3 - Sept. 17-18 at Camp Strake with video night on Sept. 13 (Tuesday)

**I would also like to purchase the following items:**

\_\_\_\_\_ American Red Cross textbook *Canoeing and Kayaking* \$9

\_\_\_\_\_ American Red Cross textbook *Small Craft Safety* \$10

\_\_\_\_\_ American Canoe Association book *Basic River Canoeing* \$10

mail check and application to:

SWCG c/o Pat Isley

9504 Truscon

Houston, Texas 77080

**Total amount enclosed** \_\_\_\_\_

**Please cancel by the Tuesday before the class if you want a refund. Cancellations after the Tuesday before the class will have their registration rolled over into the next available Flatwater training class.**