

**MILES RIVER SAIL & POWER SQUADRON (MRSPS)
SAFE BOATING PROGRAM FOR KIDS
2010 LESSON PLAN**

SESSION TOPIC: SMALL BOAT HANDLING & KNOT TYING

OBJECTIVES: Students will:

- be shown how to embark and debark three small boats;
- practice embarking and debarking small boats;
- understand and practice a variety of knots used to secure small boats.

TIME: CBMM = 35 MINUTES; EMS = 27 MINUTES

LOCATION: CBMM: H DOCK; YMCA POOL 1

INSTRUCTORS: Minimum: One for each boat, ideally two for each boat

NUMBER OF STUDENTS: 10-12

EQUIPMENT: Canoe, Kayak, Inflatable, tie up line, small anchor, knot tying equip: (cleat, post, piling & short (3-4 ft.) pieces of line ¼ to 3/8 in., dia.)

CONTENT	NEED TO KNOW FOR SAFETY	PRACTICE DRILL	REFERENCE
<p>Introduction: Explanation Demonstration Learning to operate a boat properly comes with experience. There is no substitute for hands-on experience in your own boat.</p> <p>General Instructions for all boats</p>	<p>Safety: Discuss specific nautical definitions relative to boat structure and safety, i.e. Fore & Aft, Bow & Stern, Gunwale and Freeboard</p> <p>Identify each boat relative to size, capacity, function, maneuverability, stability, cargo storage, overloading</p> <p>Emphasis: KEEP BODY LOW AND MAINTAIN THREE POINT CONTACT WHEN ENTERING, MOVING OR LEAVING BOAT</p> <p>PFD-LIFE JACKET: Wear properly fitted PFD's which includes proper size, adjustment, and being secure</p> <p>MAINTAIN BOAT STABILITY: Keep weight low, never stand up, maintain 3 points of contact while moving or changing position, keep shoulders inside gunwales when retrieving things from the water, load boat properly with cargo centered from side to side and fore and aft.</p>		<p>Chapman – Piloting p.31</p>

<p>Canoe: Canoe (lightly built open craft of narrow beam & shallow draft – paddled rather than rowed normally double ended Canoes are very maneuverable and can capsize easily</p> <p>Kayak: - Kayaking is a simple & safe outdoor sport that uses a double bladed paddle to propel the vessel in the water. A kayak is maneuverable – some are hard plastic or inflatable that can be inside or on top; and can be used on lakes – rivers & bays. - Kayaks can capsize easily</p>	<p>USE GOOD SENSE: avoid alcohol use (impairs judgment and good decision making), be prepared to enter the water & know how to swim, be aware of adverse weather or changing weather conditions, maintain visual contact with shore lines and be aware of obstructions, i.e. other boats, rocks, pilings, etc.</p> <p>Determine canoe orientation, fore & aft - standing up increases risk of capsizing - maintain three points of contact while boarding and debarking - keep weight low - load boat properly – keep weight centered from side to side – bow to stern – don’t overload boat; use wells and tie downs - keep shoulders inside gunwales of boat when retrieving things from the water avoid extreme conditions – weather – current – distance from shore – white water – be weather-wise – esp. beginners - take hands on training to gain experience - never paddle alone</p> <p>Determine kayak orientation, fore & aft - standing up increases risk of capsizing - maintain three points of contact while moving about - keep weight low - keep center of gravity over point of contact (or keep weight over your feet) - load boat properly – keep weight centered from side to side – bow to stern – don’t overload boat - keep shoulders inside gunwales of boat when retrieving things from the water avoid extreme conditions – weather – current – distance from shore – white water – be weather-wise - take hands on training to gain experience</p>	<p>- Instructor demonstrates skills in entering and leaving a canoe. - Student will embark canoe - Student will move fore and aft - Student will debark the vessel</p> <p>- Instructor demonstrates skills in entering and leaving a kayak. - Student will embark kayak - Student will debark the vessel</p>	<p>Boat Smart – pp 32 – 33 – USPS</p> <p>Boat Smart p.2 – USPS</p> <p>Boat Smart – pp 32 – 33 – USPS</p>
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<p>Inflatable: – can be used as a utility boat that may have an aluminum or composite – plastic – fiberglass or soft bottom Inflatable’s are stable and can be powered by oars or a small outboard engine</p>	<p>Determine boat orientation, fore & aft - standing up increases risk of capsizing - maintain three points of contact while moving about - keep weight low - keep center of gravity over point of contact (or keep weight over your feet) - load boat properly – keep weight centered from side to side – bow to stern – don’t overload boat - keep shoulders inside gunwales of boat when retrieving things from the water</p>	<p>- Instructor demonstrates skills in entering and leaving an inflatable - Student will embark inflatable - Student will move fore and aft - Student will debark the vessel</p>	<p>Boat Smart p.2 – USPS</p>
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CONTENT	NEED TO KNOW FOR SAFETY	PRACTICE DRILL	REFERENCE
<p>KNOT TYING DEMO/EXPLAIN</p> <p>Cleat hitch Clove hitch Square knot Half hitch Bowline (time permitting)</p>	<p>A good knot is practical, holds well without slipping, is easy to tie and untie.</p> <p>Cleat Hitch: Used to secure a line to a cleat on the boat or pier. Reliable and stable, easy to untie.</p> <p>Clove Hitch: A simple all purpose knot that is easy to tie and untie, but not as secure as many.</p> <p>Square Knot: An easy to tie knot, but not very secure and can untie itself.</p> <p>Half Hitch: Seldom used alone, but two half hitches will secure most objects.</p> <p>Bowline: One of the most useful knots, very secure and will untie easily,</p>	<p>WHAT IS MOST IMPORTANT TO PRACTICE? SUGGEST CLEAT HITCH; OTHERS IF TIME</p> <p>SUGGEST POSTERS: EACH KNOT; ANCHORING</p>	<p>Boat Smart, pgs. 20-21; USPS</p>