

# Canoeing and Kayaking

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# Alan Heavner Bio

- Hometown: Milford, Michigan
- Business Administration, Mott Community College and Oakland Community College
- Heavner Canoe and Kayak Rental Business Manager and Owner at Proud Lake Recreation Area for over 40 years
- Cross country ski rental at Proud Lake since 1975
- Huron Valley Recreation and Brighton Recreation Community Education Instructor of Outdoor Adventures for over 30 years



# Canoe Equipment

- Paddles – between nose and chin when set upright in front of the person
- Life vest and/or seat cushions
- Hat, sunscreen, sunglasses, swimsuit, rain gear
- Sandals, water shoes or old tennis shoes
- Snacks, lunch, camera
- Fishing poles and bait or lures

# Canoe Safety

- Wearing a life vest is required for certain water conditions and non-swimmers
- Types of floatation devices:
  - Seat cushions
  - Type II life jacket – with neck support
  - Type III – without neck support
- General boating safety
  - Watch for branches that can tip you over
  - Don't get sideways in the current by an obstacle
  - Watch for rocks under the water
    - Open vee (OK) vs. closed vee (avoid)
  - Don't stand in a canoe!

# How to get in and out

- Have one person steady the canoe on the beach, with most of the canoe in the water
- The other person crawls in, keeping low in the center
- Push off and climb in as the canoe fully floats
- Sandals or water shoes are helpful

# How to paddle

- Hand on top of paddle, other hand on shaft
- One person paddles on each side
- Stern (rear) paddler controls the steering
  - If both paddlers paddle straight, the rear paddler overpowers the front and the canoe turns
- If you have a front and middle paddler, they should be on the same side and opposite the rear paddler. This eliminates the need for most J stroking, which slows the canoe while it is straightened with 2 paddlers

# Canoe Strokes

- Bow (front) paddler
  - Power stroke
  - Reverse
- Stern (rear) paddler
  - J stroke (power stroke plus a push away from the canoe at the end)
  - Reverse

# Canoe and Kayak Differences

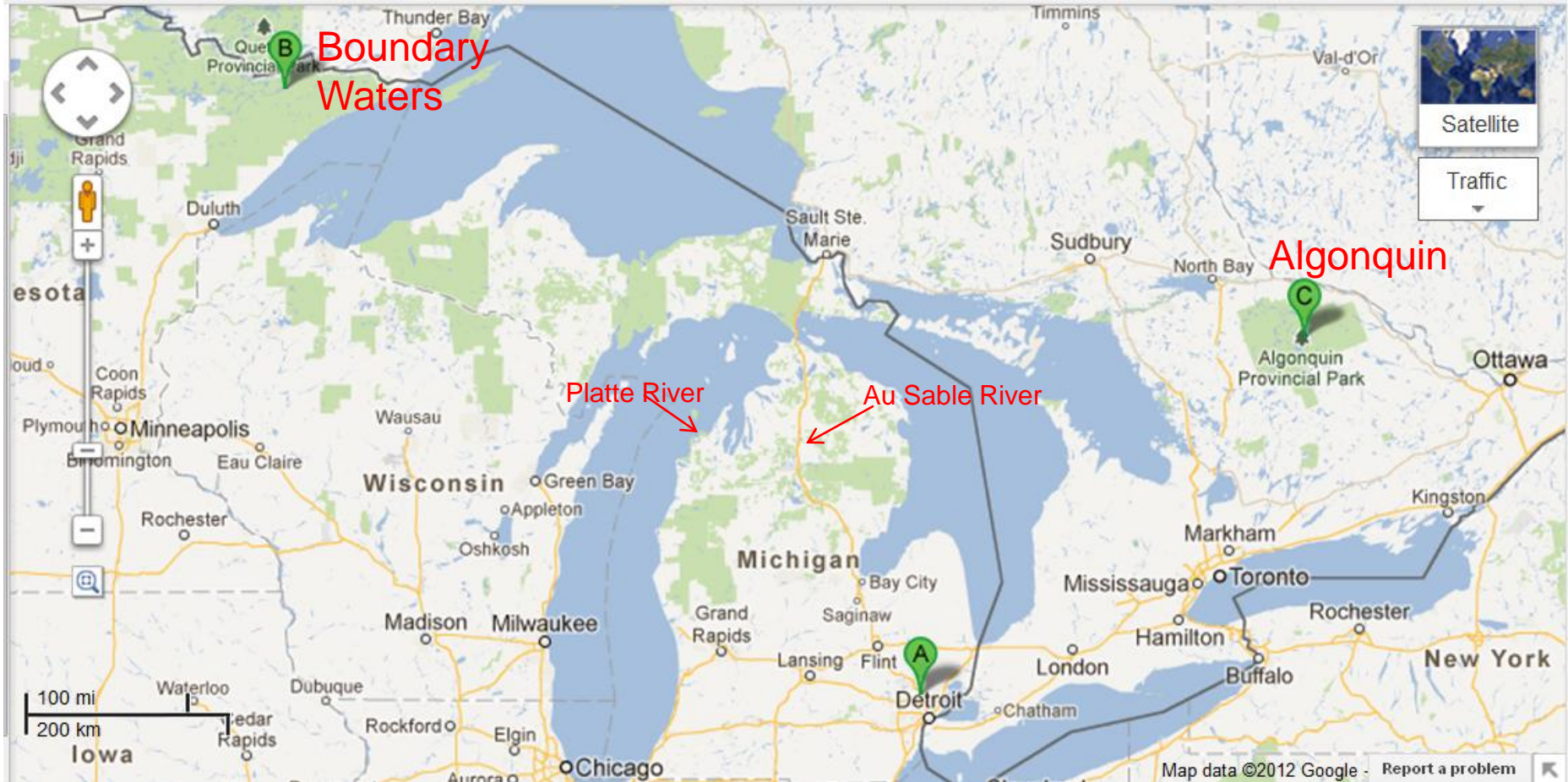
- Canoes have a keel and have more comfortable seating positions; they are more easily tipped because of a high center of gravity
- Canoes can carry more camping gear
- Most kayaks have no keel and are more maneuverable



# Canoe Camping

- Popular places include:
- Boundary Waters in Minnesota/Canada
- Algonquin Provincial Park, Ontario
- Numerous rivers and lakes in Michigan and other states
- Day trips can be taken at many locations
- Please refer to your Metropark Maps (provided) for local canoeing locations.

# USA and Canada Canoeing Locations



Platte River in Sleeping Bear Dunes National  
Lakeshore: [canoemichigan.com](http://canoemichigan.com)



# No Child Left Inside

- Canoeing is a great activity for all ages.
- Come try it sometime!



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