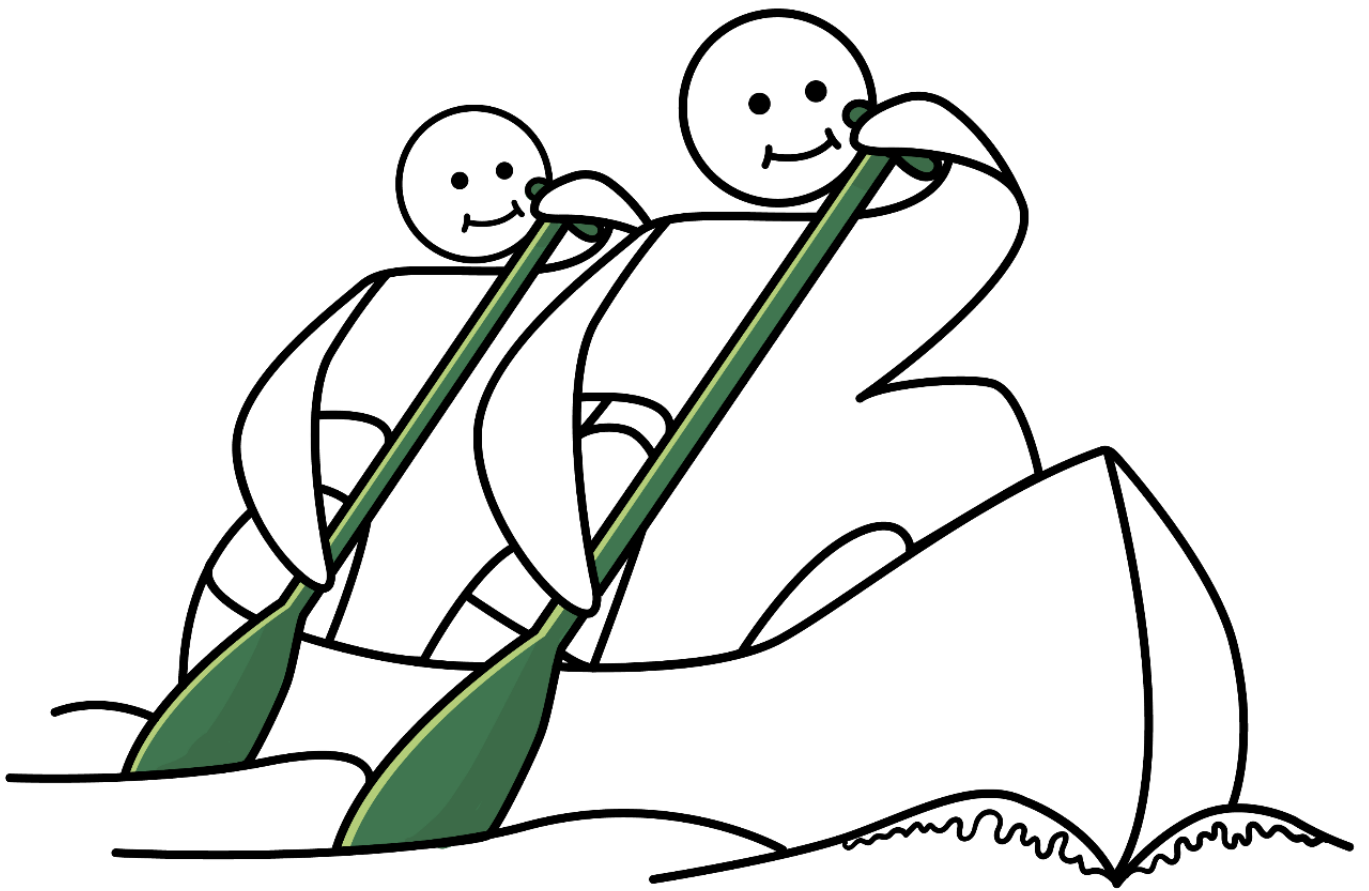
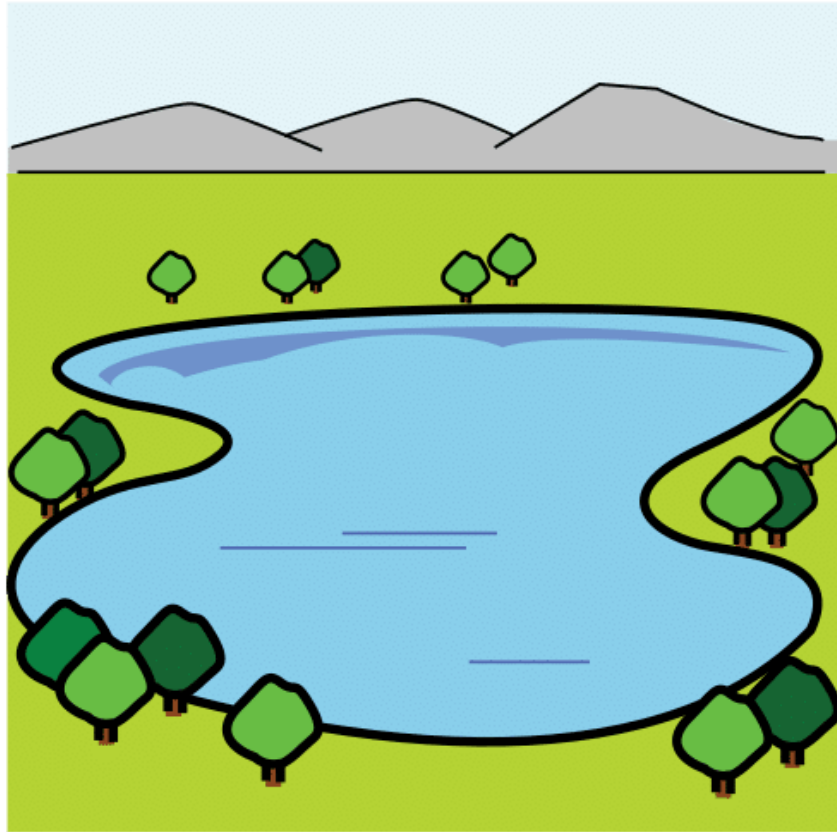


Canoeing

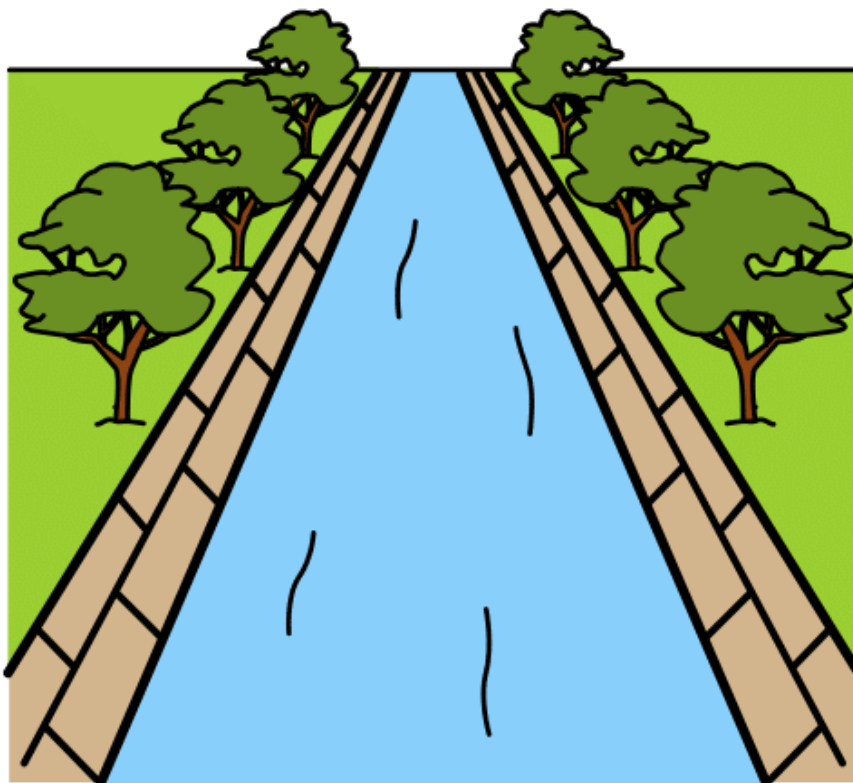


I am going canoeing.

I may go canoeing on a lake

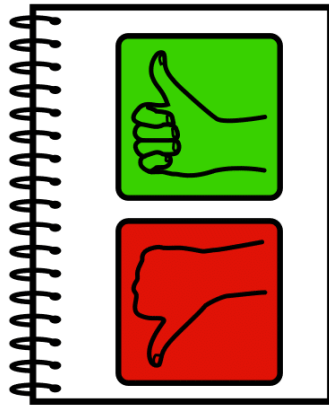


or on the canal.



I will go to the resource centre.

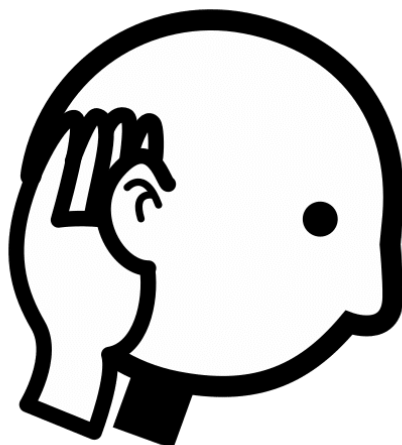
I will meet the Bendrigg tutors and other people. They will talk to me about the rules.



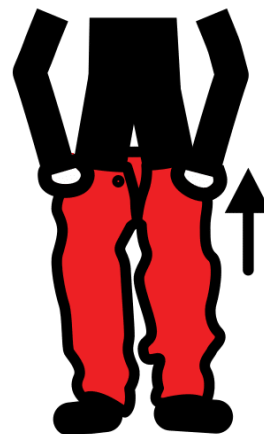
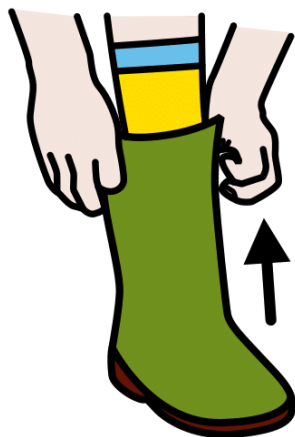
This is to keep me safe.



I need to listen carefully.



I may need to wear wellies, waterproof trousers and a waterproof jacket to help keep me dry.



If it is sunny I may need sun cream.



I will need to wear a buoyancy aid or a life jacket. The Bendrigg tutor will show me what to do.



When we are all ready, I will get on a bus or in the car to go to the lake or canal.



I will need to wear my seatbelt.

When I get to the lake or canal.

I may be asked to help build a raft with the canoes. The Bendrigg tutor will help me to do this.



When the boat is ready it will be put on the water and, when I am told, I can get in and sit down.



I will use a paddle when I am in the canoe.

The Bendrigg tutor will show me how to paddle and we will go on a journey in the canoe.



The water in the lake or canal is cold.



We may play games or sing while we paddle the boat.



We may have a drink and a snack in the boat.



When we have finished our journey we will stop the canoes and get out.



We will put the canoeing equipment away.



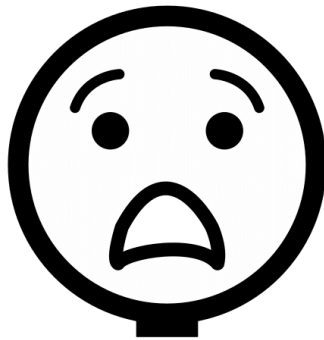
We will go back to Bendrigg on the bus or in the car. I will need to wear my seatbelt.



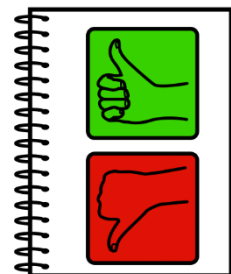
I may feel excited.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules.



When I have finished everyone will say
well done.



Canoeing is fun.



Written by Kate McCallum with support from



AMPHIGEAN
and MAKING THE COMPLEX SIMPLE and



ARASAAC