



St. Mary's Boat Club

Canoeing/Kayaking School Program

Grades 7-9

St. Mary's Boat Club is a secluded sea side recreation centre operated by Halifax Regional Municipality. Situated on the picturesque Northwest Arm on the Halifax Peninsula, St. Mary's Boat Club offers many spring, summer, and fall recreation programs, children's summer camps, canoe rentals and kayak & canoe instruction. St. Mary's Boat Club also offers outdoor educational programming for junior high schools to meet the needs of our adventurous youth.

This year we are offering programs that will coincide with the curriculum outcomes of the Halifax Regional School Board. We will be focusing on the subjects of Health/Personal Development and Relationships and Physical Education.

What we Offer

- We can accommodate groups from 4-24 participants. (not including the teachers/chaperones)
- We have 10 canoes or 30 kayaks available. We do not mix and match the boats, we canoe as a group or kayak as a group.
- We provide all the safety equipment
- Safety Talk

What the group needs to bring

- lunch/snacks
- Water bottle
- Extra clothes
- Proper footwear (Your feet may get wet)
- Hat/Sunscreen
- A sense of adventure

What teachers need to prepare

- Contact St. Mary's Boat Club and book a time. Times can vary and we will work with you to set up the best time for your class.
- We will send you a **boating consent form** for all of the participants to fill out and bring with them to the program. (if the form is not filled out, they cannot partake in the activities on the water)
- You will need to take your group to a swim test. This is required by the HRSB. You can find information on the swim test at <http://www.avrsb.ednet.ns.ca/forms/healthandsafety/physedsafety.pdf>
- Organize transportation

The following is a sample of the curriculum outcomes that our program may cover within our 3 hours of canoeing or kayaking. Due to time constraints, we may only touch on some of these topics or focus on certain areas at teacher requests.

Grade 7

Physical Education

Outdoor Activities

- Know and practice safety procedures and routines in a variety on outdoor activities.
- Find a desired direction of travel by taking a compass bearing
- Know and understand the concept of reading a map
- Participate in activities or games that demonstrate sensitivity towards the environment
- Participate in at least one water-based seasonal activity that practices environmental safety

Health/Personal Development and Relationships

Strategies for healthy living

- Identify positive and negative reasons for taking risks
- Assess their own risk-taking tendency in a variety of contexts
- Identify and practice strategies for making decisions that involve risk
- Participate in a broad range of physical activities they enjoy
- Identify and overcome gender stereotypes related to physical activity

Strategies for Positive Development and Healthy Relationships

- Identify and practice ways of supporting healthy self-concept and decision making among peers
- Demonstrate the ability to communicate and work effectively in a group
- Identify various types of work, both paid and unpaid as well as volunteerism.

Grade 8

Physical Education

Active Living

- Participate in activities that enhance muscular strength, cardiovascular fitness, flexibility, and endurance

Outdoor Activities

- Know and understand the concept of reading a map
- Participate in activities or games that demonstrate sensitivity towards the environment
- Participate in at least one water-based seasonal activity that practices environmental safety
- Review and practice the use of a compass

Health/Personal Development and Relationships

Strategies for healthy living

- Identify and practice strategies for avoiding potentially dangerous situations
- Demonstrate basic life-saving knowledge and skills
- Identify appropriate ways of responding to various emergencies
- Participate in a broad range of physical activities they enjoy

Strategies for Positive Development and Healthy Relationships

- Identify services that support the mental and physical health of teens

Grade 9

Physical Education

Active Living

- Use relaxation techniques for stress management

Outdoor Activities

- Develop map-reading skills as an aid to navigation
- Develop compass-reading skills as an aid to navigation
- Participate in at least one water-based seasonal activity that practices environmental safety
- Know and practice safety procedures and routines in a variety of outdoor activities

Health/Personal Development and Relationships

Strategies for healthy living

- Identify and practice safety precautions related to outdoor recreation
- Participate in a broad range of physical activities they enjoy

Strategies for Positive Development and Healthy Relationships

- Demonstrate an ability to teach or mentor others

Sample 3-hour session

- 9:15am – Arrive at St. Mary’s Boat Club
- 9:30am – Introduction, safety talk and go over rules
- 10:00am- gear outfitting and paddle strokes
- 10:20am- get into groups and pick a boat
- 10:30am – on the water
- 12:15pm- arrive back at St. Mary’s Boat Club
- Debrief
- There are many locations on the grounds of St. Mary’s Boat Club that are great for a picnic. Your group is more than welcome to take advantage of these areas.

* We do have instructors available to come into your classroom and do the safety talk a few days before you come down to St. Mary’s Boat Club for your trip. If you choose this, it will allow for more time to focus on other skills and potentially more time on the water.

Pricing

- \$20/hour/ instructor
- 1 instructor for every 8 participants. 1:8

Sample Program

- 16 participants (not including teachers/chaperones)
- 3 hour session
- We require ½ hour before and after the program for setup and tear down.
- Cost: \$20 x 2 instructors x 4 hour = \$160
- This cost covers everything you need for our program (canoes/kayaks, equipment etc)

Please note:

If you would like for us to come to the school for an hour to do the safety talk, there will be an additional charge of \$30.

If you require any more information, please feel free to contact:

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