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## KID'S CAMP OUTLINE

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### DAY 1

- I. Dryland
  - A. Introductions/Waivers/Safety Speech with students and parents
  - B. Equipment discussion and PFD fitting
  - C. Boat discussion
  - D. Paddle set-up and on-land strokes
  - E. On-Land Wet Exit demo
  
- II. Launching and going for an exploratory paddle.
  - A. Paddle around the lake and let the kids have fun exploring what they can do in the boats
  - B. Back to shore for a snack
  - C. Wet exits and playing in our boats
  - D. Possible rescue demos

### Day 2

- I. Dryland
  - A. Review through games and prizes
  - B. Fitness and stretching component
  
- II. Back on the Water
  - A. Back into the boats for paddle strokes and boat games
  - B. Break for Snack, talk about weather and safety on trips
  - C. Games and goofing around in different types of boats, including WW Boats

### Day 3

- I. 2 hour Paddle trip down the Flat River