



## Canoeing Program examples

Here are just a few examples of **Canoeing Programs** offered by Barrington Outdoor Education. These can be tailored to suit your specific requirements, ask us how.

In addition, these are suitable for **Duke of Edinburgh Award** expeditions as specified.

Canoeing Program examples	Duke of Ed Practice	Duke of Ed Test
<b>Two day / One night programs</b>		
Myall Lakes National Park	<b>Bronze</b>	
Barrington River – Barrington to Bulliac		<b>Bronze</b>
<b>Three day / Two night programs</b>		
Barrington River – Never Never to The Laneway	<b>Silver</b>	
Manning River – Bretti Reserve to Tiri Bridge		<b>Silver</b>
<b>Four day / Three night programs</b>		
Barrington River – Cobark Junction to Barrington Reserve	<b>Gold</b>	
Nymboida River		<b>Gold</b>

### Two day / One night programs

- Location: Myall Lakes National Park
  - Program: Canoeing flat water on the Myall Lakes, this program focuses on skills development with students coached in basic canoeing and survival skills while journeying from one beautiful campsite to another.
  - The Myall Lakes is one of the state's largest coastal lake systems, it's a wetland of international significance with 40km of lakes, beaches and rolling sand dunes.
  - **Suitable for Bronze Practice Expeditions**
  
- Location: Barrington River – Barrington to Bulliac
  - Program: This program allows students the opportunity to extend their canoeing skills in Grade 1 moving water, paddling 20km on the Barrington River from Poley's Place to Bulliac. If used as a Duke of Ed qualification journey, students are in charge of their own expedition and are required to navigate, determine lunch locations and maintain equipment. Guides provide a careful eye ensuring safe decision making.
  - **Suitable for Bronze Test Expeditions**

### Three day / Two night programs

- Location: Barrington River – Never Never to The Laneway
  - Program: This program uses The Steps campground as basecamp for an expedition on the Barrington River between Never Never and The Laneway, located just prior to Barrington Bridge. It allows students the opportunity to focus on skills development, river reading and river safety. Due to the gradient fall of the river, students progress

further up the river each day to more challenging sections. Students do not camp out of their boats, however further campcraft skills are targeted in dry sessions at The Steps.

- **Suitable for Silver Practice Expeditions**
- Location: Manning River – Brett Reserve to Tiri Bridge
  - Program: The Manning River provides an unfamiliar environment for students to test their navigation and river reading skills as they paddle from Brett Reserve to Tiri Bridge on Grade 2 moving water. Students camp out of their canoes and are responsible for all aspects of their journey with support from guides and teachers. If used as a Duke of Ed qualification journey, students demonstrate skills developed in previous expeditions.
  - **Suitable for Silver Test Expeditions**

#### **Four day / Three night programs**

- Location: Barrington River – Cobark Junction to Barrington Reserve
  - Program: This program uses The Steps campground as basecamp for an expedition on the Barrington River between Cobark Junction to Barrington Reserve. Camping equipment is transported to the campground separately so students are free to focus on skills development and river reading. Paddling is on some familiar stretches of the river plus some new and more technical sections, so students are challenged and rewarded with rapid skills progression.
  - **Suitable for Gold Practice Expeditions**
- Location: Nymboida River
  - Program: The Nymboida River provides an exciting expedition site, paddling a remote stretch of grade 2-3 white water. If used as a Duke of Ed qualification journey, students bring together all the skills developed over previous expeditions and are assessed on: extensive planning on what to bring, water management, navigation, portaging and expedition camping skills.
  - A planning workshop is held with participants prior to the expedition, allowing maximum preparation for this challenging journey. As with previous test expeditions, students run their own program with close and careful supervision from our instructors.
  - **Suitable for Gold Test Expeditions**

### **Skills Outcomes**

Our programs are designed to deliver the following skills outcomes:

- Planning and preparation (including food and water requirements, weather patterns, and appropriate permissions)
- Navigation and route planning (including emergency planning)
- Camp craft (including shelter, fires, cooking, stoves and hygiene)
- Care of the environment (including minimal impact practices, sanitation, care of waterways and rubbish disposal)
- First aid and safety (including risk assessments, emergency equipment, emergency evacuation procedures, emergency contacts and reporting)
- Equipment use (including issue, fit, check and correct use of personal equipment and clothing, group equipment and activity specific equipment)
- Group skills (including group management and leadership, and teamwork)
- Skills specific to mode of expedition (ie. canoeing skills, hiking skills, mountain biking skills etc.)