ADVENTURE BOUND

*Challenge By Choice Full Value Contract:*

1. The agreement to work together as a group and to work toward individual and group goals.
2. The agreement to adhere to certain safety and group behavior guidelines.
3. The agreement to give and receive feedback, both positive and negative and to work toward changing behavior when it is appropriate.
4. The agreement not to devalue or discount others, oneself or the program.

*Canoe Terms*

1. Bow: Front of the canoe
2. Stern: Rear of the canoe
3. Thwarts: Support bars or braces
4. Gunwale: Top rail of the canoe bow to stern
5. Keel: A protecting strip on the bottom outside of the canoe, which helps to keep the canoe straight.
6. Launch: Slowly feeding the canoe into the water.
7. Life Jackets: Personal flotation device which supports the face and the neck above the water.
8. Gooseneck: A method of closing your plastic bags to keep water out.
9. Swamp: The canoe fills with water (tips)

*Canoe Strokes*

1. Bow: Basic power stroke for a bow person
2. J stroke: Stroke used by stern person to keep the canoe straight.
3. Rudder: Used to turn the canoe (45 degree angle)
4. Draw: Pulling the water towards the canoe
5. Sweep: A wide turning stroke
6. Feathering: Bringing the paddle through the air with the least resistance.

*TERMINOLOGY:*

Ahead – ahead of the canoe

Astern – behind the canoe

Amidships – middle of the canoe

Forward – toward the bow

Aft-toward the stern

Bowman – person who paddles in the forward position

Sternman – person who paddles in the rear position

Beam – width of canoe at widest part

Abeam – at right angles to the centerline of the canoe

Windward – direction from which the wind is blowing

Leeward – downwind side

Port – to the left

Portside – to the left of the canoe, facing forward

Starboard – to the right

Starboardside – right side of the canoe, facing forward