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determined order followed by a sweep boat. The buddy system can also be applied especially with the under ten crowd. Regular eddy huddles are a great way to reinforce group dynamics and monitor enthusiasm.

Another important safety consideration is being in tune to the kids. "Just because we are warm does not mean our kids are", says Bob Washer of Sirius Wilderness Medicine. "A child's capacity to produce heat and to regulate body temperature is less developed than an adult. As a result, kids tend not to show signs of hypothermia as quickly as adults do". Keeping a close eye on the mood of the youngsters will also affect the flow of the day. "I often find children need to take longer lunch breaks and finish earlier in the day than older participants," says Ryan Moore of Human Heights. "As an instructor, you have to keep a finger on the pulse at all times and adjust your plan accordingly." Most kids begin

to show signs of frustration and their enthusiasm begins to wane when they tire. "Accidents happen when people get tired and frustrated", adds Washer, "especially with kids".

With all of this in mind, your child's paddling skills, problem solving abilities and confidence are honed, they will become more independent. As their confidence develops, let them make their own decisions, but it ought to be a gradual process. Choosing their own line or paddling lead or sweep on some outings are great first steps. Keep in mind, you should always retain the right to veto their choices; in the end, the more experienced paddler is ultimately responsible for their safety.

GEAR

Kids love toys! These however are quite serious toys, requiring careful consideration regarding function and fit. The usual clothing considerations for adults also apply to children; dry, warm and functional. Too often kids

cool kid's stuff

Salus Nimbus Children's Vest

The Salus Nimbus Children's Vest is the primo of primo kid's PFD. With an exclusive round edge design using Ensolite foam, the Nimbus is softer around the arms giving kids greater mobility and comfort. A drawstring bottom and elasticized back make for a proper fit. The leg harness is essential to keep the vest in proper position and eliminate ride-up. The Nimbus is available in sunny yellow or cool aqua green to meet the standards of the most fashion conscious tykes (or parents). The Nimbus is available for \$59.00 CDN without pockets or give your kid somewhere to stash river loot and get the pocketed version for \$69.00 CDN. All Salus Marine Wear is designed and manufactured in Canada.



AquaDynamic Paddles Little KidsFin



Wow! A real paddle for kids. These paddles are made in Canada, designed specifically for kids and constructed from light-weight composite materials. The AquaDynamic Little KidsFin is available with a carbon/kevlar or fiberglass blade. The shafts are aluminum covered with plastic sleeves and come with control hand grips. The paddles are light-weight, and sized for small people. Put one in a kid's hands and they just look right. AquaDynamic also produces a slightly larger kids paddle. Both can be ordered in custom lengths and can be indexed to all twists. Little KidsFin glass \$70.00 CDN/ carbon kevlar \$120.00 CDN