

## Canoeing Standards

Big Canoe canoeing – Grades 2 – 12

Flat water tandem canoeing – Grades 5 – 12

River canoeing and canoe tripping – Grades 7 – 12

NOTE: RUNNING RAPIDS WITH A DIFFICULTY RATING GREATER THAN 2 IS PROHIBITED

## Equipment

### Personal Equipment:

- All participants must wear a properly fitting Transport Canada, Canadian Coast Guard or Fisheries and Oceans approved life jacket/P.F.D. at all times when on the water or scouting.
- Self-inflating PFD's are not permitted on any Department of Education trip.
- Lifejackets must be the top layer; rain jackets, ponchos, etc. should not be worn over top of the lifejacket.
- Lifejacket/P.F.D MUST be red, yellow or orange.
- All participants must have a pealess whistle.
- Students must wear protective footwear (e.g. sneakers or light hikers).
- No open toed shoes/sandals should be worn while canoeing.

### Each canoe must have:

- One throw bag line of not less than 15 m in length, that has been properly stuffed.
- One bailer.
- Painters made of floating rope at least 10 mm in diameter.
- Canoes must be free of holes, major creases or dents, and/or broken seats, thwarts or gunwales.
- Ropes used for towing will not be tied directly to canoes or individuals – quick releasing hitches from one canoe to the other will be used.
- Each group must carry a complete first-aid kit (decided by first aid leader) and communication device in a waterproof case/bag.

### Additional equipment s for multi-day canoe tripping:

- A leader should make sure that participants have packed appropriately for the trip and have all required clothing and equipment.
- A leader should make sure there is enough food to meet the nutritional needs for the group for the duration of the trip, plus one extra day's supply.
- Canoes should be outfitted with appropriate canoe tripping packs. Each group must have a water purification method.
- Each group must have a canoe repair kit.



## Canoeing Standards

- Each canoe must have at least one spare paddle.
- Each participant must have a change of clothing and a sleeping bag in a waterproof bag.
- Participants must wear clothing capable of retaining warmth when wet, and offering protection from the wind.

### Instruction

#### **Before any open water canoeing, students should be taught:**

- canoe terms,
- emergency procedures, and
- selection and proper use of paddles and P.F.D.s

#### **In a pool, shallow or calm flat water setting, students must demonstrate basic competence in:**

- forward stroke,
- backward stroke,
- pry stroke,
- draw stroke,
- proper entry/exit from canoe. Remember while the canoe is in water, stern person enters first, exits last. Bow person braces canoe; and
- watch 'Cold Water Boot Camp' or similar video.

#### **Before any multi-day canoe trips, students should be learn:**

- basic first aid including hypothermia treatment, watch 'Cold Water Boot Camp' or a similar video.
- self-rescue system that is appropriate to the trip,
- camping skills and safety,
- wildlife safety,
- reading the flow of river water, identification of and response to river hazards,
- securing equipment, managing loaded canoes and proper trim,
- basic portage skills; and
- how to handle unexpected wind and wave conditions.

#### **In controlled moving water setting, students must demonstrate skills in:**

- eddie turn,



## Canoeing Standards

- front ferry and river currents,
- river “j”,
- synchronized strokes, positioning of paddlers,
- packing or loading of the canoe;and
- canoe-over-canoe rescue procedures.
  - When practicing canoe-over-canoe rescues, no more than one canoe should be capsized at any time.

## Supervision

### All canoeing activities:

- There must be a minimum of 2 leaders.
- At least 1 leader must have a current canoe instructor certification that matches the trip standards trip (see below for certification requirements for different trip types).
- At least 2 leaders must have up to date first aid certificates that match the trip standards. 1 leader must be in charge of first aid kit, medical forms etc.
- Groups must stay in close proximity and maintain contact at all times.

### Flat Water paddling (small lakes only):

Certification requirements for very small lakes; At least one leader must have completed:

- Waterfront Instructor – Paddle Canada
- Lakewater Leader – RCABC
- Others if equivalent.

This level of certification would be appropriate for small lakes such as:

- Ear Lake
- Long Lake
- dredge ponds
- Fisheye Lake
- Wye Lake etc.

### The following criteria apply:

- in a sheltered location in favourable weather,
- close to shore which has road access by emergency services,
- where first aid personnel and supplies are available,
- with on-water supervision of youth at all times,



## Canoeing Standards

- with no moving water.
  - *Please consult with the Off-Site Review Committee if you would like to paddle on small lakes other than those listed here.*

### **All other canoeing categories:**

Certification Requirements for Flat Water paddling on small lakes, big canoe paddling, river canoeing and river tripping; At least one leader must have completed:

- Paddle Canada Canoe Instructor Course,
- RCABC Canoe Instructor Course,
- Others if equivalent.

### **Flat water paddling (small lakes):**

- For Grades 5-6: minimum 1:7 leader/participant ratio.
- For Grades 7-12: minimum 1:9 leader/participant ratio.

### **Big canoe canoeing (small lakes):**

- For Grades 2-3: minimum 1:5 leader/participant ratio.
- For Grades 4-7: minimum 1:7 leader/participant ratio
- For Grades 8-12: minimum 1:9 leader/participant ratio
- There must be a large bailing device for every leader and participant. A minimum 4L (1 gallon).
- Each canoe must have a re-entry device. This could be a piece of webbing with loops.
- If big canoes are used, they must be accompanied by at least one tandem canoe.

### **Small lakes to Consider:**

- Chadburn Lake
- Hidden Lakes
- Long Lake
- Ear Lake
- Pine Lake
- Scout Lake
- Jackson Lake
- Mary Lake
- Lewes Lake



## Canoeing Standards

- Little Fox Lake

### **River canoeing and canoe tripping:**

- For Grades 7-9: minimum 1:5 leader/participant ratio.
- For Grades 10-12: minimum 1:7 leader/participant ratio.
- The Educator in charge must inspect canoes before the trip.



## Canoeing Standards

### **River Tripping:**

- At least one leader must have completed a Paddle Canada, RCABC or equivalent, river tripping or moving water course.
- At least one leader must have completed a recognized river rescue course within the last 3 years.
- Leaders must be in the lead and sweep canoes on all river trips at all times
- At least one leader must have a current 40-hour wilderness first aid.
- At least one leader must be familiar with the area.
- At least one leader must have experience with:
  - seasonal considerations,
  - wilderness survival techniques,
  - and camp craft waterproofing methods during wet weather.

