

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Canoe/kayak tripping is defined as traveling in groups by canoe/kayak through wilderness or semi-wilderness areas for a period of time which includes at least one overnight camp.

Risk Factor Rating

4

### General Learning Outcome

The student will demonstrate safe and responsible behaviours in order to manage the risks of injury in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor who has Level 2 canoe tripping certification from Paddle Canada (or Manitoba) or has the experience and competencies of a certified leader, capable of teaching/demonstrating canoe/kayak skills and able to organize/ supervise trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader has experience traveling particular trip course

Students are aware of the potential risks involved in canoe/kayak tripping

Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, "rules of the road," required safety equipment and protecting the marine environment)

Instruction is received in the skills necessary for the trip (e.g., packing, waterproofing, interpreting weather conditions, prevention/treatment of hypothermia, using a compass, map reading, cooking over open fire, capsized canoe/kayak, help-huddle positions, basic strokes, and river reading)

Skills are learned in proper progression, beginning with classroom sessions; navigation of rapids should be avoided

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Water purification method is learned; water is consumed as needed

Route selected is appropriate for group's abilities (grade 1 rivers, unless very well trained)

Students have been assessed according to a recognized survival swim test prior to instruction

\* See camping checklists for safety information when camping overnight.

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### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction and **in-the-area supervision** during trip

Minimum of one supervisor is familiar with the area of the trip

Supervisors have training from Paddle Canada (or Manitoba)

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
  - a) St. John Emergency First Aid Certificate, OR
  - b) Canadian Red Cross Emergency First Aid, OR
  - c) RLSS Aquatic Emergency Care Certificate, OR
  - d) Canadian Ski Patrol First Aid Certificate

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle at the drop-off point, the equipment being brought, the route plan, the weather anticipated and the anticipated date/time of return

Appropriate gender supervision is provided

Trip is conducted in safe manner with open water crossings avoided, particularly if wind, surface chop and/or currents are unfavorable

Heterogeneous pairings are set for each boat (more capable paddler with a less capable paddler) when canoe skills or fitness abilities vary significantly

Local weather conditions/forecasts, forest fire conditions and fire restrictions are checked before the start of trip

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries, evacuation and knowing what to do in a person-overboard emergency

Detailed plans for contingency and inclement weather are recorded in writing

Trip is planned in detail and is appropriate for the abilities of the group

### Environment

Trip route must be appropriate for the age/ability of the students

Trip avoids white water, selecting grade 1 rivers

### Equipment

Equipment to be used is suitable and in good condition

Equipment (boats, paddles, lifejackets, etc.) is checked by qualified person before every session

Instructions are given regarding the proper maintenance of canoe equipment

Paddles/oars are correct size for participant

First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)

Students are all wearing a properly fitted Transport Canada Approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board

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### Equipment (continued)

Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope

Extra paddle is carried for each canoe

Emergency canoe repair kit and rope is available

Emergency communication system is available

Other equipment required:

- portable cooking stove (use a propane/liquid gas-type stove [1 per 8 students])
- flashlight
- shovel/trowel
- sun protection and insect repellent
- waterproof matches
- nutritious food (which does not require preparation)
- adequate and safe water supply, including water purification method/tablets

Portable media players (such as an MP3 player) are discouraged/restricted

### Clothing/Footwear

Properly fitted shoes/boots are worn for portaging (no open-toed shoes)

Rain gear is carried

Clothing is worn in layers

Dry change of clothing is carried in waterproof bags

Jewelry representing a safety concern must be removed or taped and eyewear should be secured

Hats and sunglasses are worn

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

