

## OUTDOOR EDUCATION CANOE TRIPPING

**Traveling in groups by canoe through wilderness or semi-wilderness areas for a period of time which includes at least one overnight camp: Grades 10-12**

<p><b>CANOE TRIPPING is not a recommended activity for students from kindergarten to grade 9 and is a high-risk activity at all grade levels. Schools are encouraged to consider alternative program options to replace high-risk activities. Teachers who wish to instruct a high-risk activity like canoe tripping require written permission from the board of education</b></p>			
EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>SECONDARY LEVEL</b>			
<p>Equipment includes:</p> <ul style="list-style-type: none"> <li>● extra paddle per canoe</li> <li>● first aid kit</li> <li>● waterproof matches</li> <li>● 8 m length of rope</li> <li>● repair kit for canoe.</li> </ul> <p>Supervisor is to ensure the students have the proper equipment needed.</p>	<p>Plan a route that is appropriate to age/ability of students.</p>	<p>Complete a trip itinerary and file it with an appropriate school official.</p> <p>Develop an emergency action plan and communicate it to all involved with the trip.</p> <p>No trips through white water. Alternate routes around rapids should be planned for.</p> <p>Test all candidates for participation in a school canoe trip for the minimum standards in each of the areas as outlined below.</p> <p>Students must wear life jackets at all times.</p> <p><b>1. WATER SAFETY</b> Prior to water activities successfully complete the following swim test:</p> <ul style="list-style-type: none"> <li>● swim 100 m continuously any stroke</li> <li>● tread water for 3 minutes</li> <li>● put on a life jacket in water</li> <li>● demonstrate the help/huddle position.</li> </ul> <p><b>2. CANOEING SKILLS</b> Demonstrate basic competence in the following skills:</p> <ul style="list-style-type: none"> <li>● power stroke</li> <li>● "J" stroke</li> </ul>	<p>Have at least one supervisor with Small Craft Safety certification. If the group is divided into two trips or have more than 30 students, two supervisors with the following qualifications are required.</p> <p>Have at least one supervisor with:</p> <ol style="list-style-type: none"> <li>1. National Lifeguard Service Lifeguard Certificate, or</li> <li>2. Current first aid qualifications such as: <ul style="list-style-type: none"> <li>● St. John Emergency First Aid Certificate, or</li> <li>● Canadian Red Cross Emergency First Aid Certificate, or</li> <li>● Royal Life Saving Society Aquatic Emergency Care Certificate, or</li> <li>● Canadian Ski Patrol First Aid Certificate.</li> </ul> </li> </ol>

## OUTDOOR EDUCATION CANOE TRIPPING: Continued

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>SECONDARY LEVEL (Continued)</b>			
		<p><b>2. CANOEING SKILLS</b> - continued</p> <ul style="list-style-type: none"> <li>● sweep strokes</li> <li>● draw stroke</li> <li>● backwater strokes</li> <li>● proper entry/exit from canoe</li> <li>● self rescues in dry and/or swamped canoes</li> <li>● canoe over canoe rescue procedures</li> <li>● synchronized strokes</li> <li>● packing a canoe</li> <li>● portaging techniques.</li> </ul> <p>Have achieved competency in the "J" stroke.</p> <p>Instruct students on how to handle unexpected wind and wave conditions.</p> <p><b>3. RELATED AREAS</b> Familiarize students with:</p> <ul style="list-style-type: none"> <li>● basic first aid and hypothermia</li> <li>● personal camping and canoeing equipment and repairs.</li> <li>● suitable clothing</li> <li>● camping skills and safety</li> <li>● environmental concerns</li> <li>● use of a compass</li> <li>● map reading</li> </ul> <p>Postpone trip if there is any indication of inclement weather or cold water conditions severe enough to put students' safety at risk.</p> <p>Teach skills in proper progression.</p>	<p>Have at least one supervisor who has experience with:</p> <ul style="list-style-type: none"> <li>● bug season</li> <li>● cold water rapids (recognize inherent danger and ways to avoid)</li> <li>● cooking over open fire without a grate</li> <li>● campcraft waterproofing methods during wet weather.</li> </ul> <p>Have at least one supervisor with general knowledge of the area.</p> <p>Establish a systematic pattern for group travel and communication.</p> <p>Have two adult supervisors on overnight trips.</p> <p>Where female and male students participate in a trip provide both female and male supervisors.</p> <p>Ratio of supervisors to students: 1:8.</p>