

OUTDOOR EDUCATION FLAT WATER KAYAKING

Pool: Grades 6-12

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 6-12			
<p>Equipment includes:</p> <ul style="list-style-type: none"> • kayak with adequate flotation in nose and stern to prevent the kayak from filling with water and sinking • kayak paddle. • Wear correctly fitting and Transport Canada approved P.F.D./life jacket, with whistle attached for open water kayaking. 	<p>Choose water conditions appropriate for the type of kayak being used and the skill level of the group. (Flat water involves paddling on lake water or river where no rapids exist and eddies are very slight).</p>	<p>As a prerequisite for open water kayaking, demonstrate basic competence in:</p> <ul style="list-style-type: none"> • launching kayak • getting in and out • emptying the kayak (beach and dock) • T-rescue • wet exit • forward stroke • back stroke • front sweep • stopping • draw stroke • bracing. <p>Prior to water activities, successfully complete the following swim test:</p> <ul style="list-style-type: none"> • swim 100 m continuously any stroke • tread water for 3 minutes • put on life jacket in water • demonstrate the help/huddle position. <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision by qualified instructor when students are kayaking.</p> <p>Have instructors with a basic kayaking instructor's certification from the Ontario White Water Association, the Canadian Canoeing Association, the American Canoeing Association or the British Union of Sea Kayaking.</p> <p>Have a rescue craft on shore and accessible while students are kayaking on open water.</p> <p>For the purpose of providing first aid coverage, have at least one supervisor with:</p> <ul style="list-style-type: none"> • St. John Emergency First Aid Certificate, or • Canadian Red Cross Emergency First Aid Certificate, or • Royal Life Saving Society Aquatic Emergency Care Certificate, or • Canadian Ski Patrol First Aid Certificate <p>Ratio of instructors to students: 1:8.</p>