

OUTDOOR EDUCATION CANOEING

Pools: Grades 6-12

Lake Water Canoeing: Grades 6-12

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 6-12			
<p>Receive permission prior to bringing aluminum canoes into pools.</p> <p>Check paddles for cracks and splinters.</p>	<p>Select water conditions appropriate for the skill level of the group.</p>	<p>Before open water canoeing, demonstrate competency in:</p> <ul style="list-style-type: none"> ● power stroke ● "J" stroke ● sweep stroke ● draw stroke ● backwater stroke ● proper entry/exit from canoe ● self rescues into dry and/or swamped canoes ● canoe over canoe rescue procedures ● synchronized strokes, positioning of paddlers, and packing the canoe. <p>Have a rescue craft on shore and accessible while students are canoeing on open water.</p> <p>Students must wear life jackets at all times.</p> <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 a life jacket in the water ● demonstrate the help/huddle position. 	<p>Have an instructor with Small Craft Safety Certification.</p> <p>Provide on-site supervision when students are canoeing.</p> <p>Have access to a vehicle for emergency purposes.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the "in-charge" person to transport an injured student to hospital.</p> <p>Have at least one supervisor with:</p> <ul style="list-style-type: none"> ● National Lifeguard Service Lifeguard certificate, or ● Current first aid qualifications, or ● St. John Emergency First Aid Certificate, or ● Royal Life Saving Society Aquatic Emergency Care Certificate, or ● Canadian Ski Patrol First Aid Certificate. <p>Ratio of supervisors to students: 1:8.</p>