

Water SAFETY AND RESCUE Workshop
2 Hour DRY LAND



\$25.00 per participant

Group discounted rates apply for groups of 3+

**Knowledge and practice that will last
a LIFE TIME and could SAVE a life!**

A Water Safety and Rescue workshop participant should be capable of performing physical movements.

Workshop Objective

There is so much to learn in order to feel like you can just take a paddle out on a lake or even moving water. This Lake Water Safety and Rescue workshop provides the opportunity to practice commonly used shore and lake rescue skills. This workshop emphasizes shore and lake water safety and rescue skills, as well as preparation and boat outfitting. It focuses on the fundamental skills, knowledge, and maneuvers of pre-planning and practices use of various rescue equipment that can be used from the shore, on lake water, and moving water situations.

The intent of this workshop is to allow optimum time for participants to become familiar with equipment, and ample practice opportunities. Target ages 8+.

This workshop does not seek to replace other training such as a Swift Water Rescue Training (SRT), Wilderness First Aid, or something similar.

Prerequisites

None

Workshop length (depending on participant numbers)

2 hours

Class ratio

1 instructor: to a maximum of 10 participants.

Location

This educational workshop is conducted on dry land and will reference near a body of water.

Assessment

This clinic is a participatory event with no pass or fail certification given. Participants are encouraged to partake in this workshop as often as they like. Certificate provided

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2 Hour DRY LAND

Workshop Outline

We will be approaching our learning from Dry LAND, focusing on selection and use of equipment, Self and Partner rescues, and planning a paddle.

Things we will Experience:

-Equipment: Parts of a Canoe, Parts of a Paddle & Selection, Sizing and Selection of a Lifejacket (PFD- Personal Flotation Device and recognizing differences.)

-Outfitting your Boat for Safety, Packing, & Launching, Planning your paddle

-Throw Bags: What are they for? How do they work? Boating Practices and uses

-Learning and Practicing the most commonly used knots for self and partner rescue and transporting your boat.

-Throw Bag / paddle Rescue practiced on shore Self & Partner rescues – proper stuffing and maintenance

Theory

*Basic Environmental Hazards (Water/Wind/Waves/Weather) - Weather Information (Interpretation)
When to get off!*

Exposure Aliments: Hypothermia & Hyperthermia (being prepared)

Accident Prevention

Personal Preparation (clothing, water, snacks, medications, etc)

Communication & Leadership & Transport Canada Requirements - PFD Policy - Always Wear It!

First Aid Kit

Safe Canoe Procedures

Lake Safety and Rescue Equipment

Understanding Limitations

On Shore

Outfitting your boat for Safety and Rescue

Throw Bag Uses

Throw Bag Practice

Knots- practice practice practice

Rescue Procedures (TARETHROG = talk/reach/throw/row/go)

Positioning of Safety Boat

Capsizing

Paddle & Equipment Recovery

Boat Recovery

Emptying a Canoe