

## **LAKE CANOE SAFETY AND RESCUE CLINIC**

A pre or post Lake Canoe Safety and Rescue Clinic participant is considered capable of performing basic shore and lake water rescues, including self-rescue.

### ***Clinic Objective***

This Lake Water Canoe Safety and Rescue Clinic provides the opportunity to practice commonly used shore and lake rescue skills. Unlike the Lake Skill Courses that emphasize paddling skills, this clinic emphasizes shore and lake water safety and rescue skills. It focuses on the fundamental skills, knowledge, and maneuvers of rescuing paddlers and equipment from the shore or on lake water situations from a paddler's perspective.

The intent of this clinic is to provide an opportunity for recreational lake water paddlers to practice rescues in varying scenarios. It does not seek to replace other training such as Swift Water Rescue Training (SRT) or something similar.

This course is for all levels of paddlers, as well as both tandem and solo canoeists.

### ***Prerequisites***

Canoeing Basics or permission of Instructor

### ***Course length*** (depending on participant numbers)

2 to 4 hours

### ***Class ratio***

1 instructor: max 12 participants.

There may be a mix of tandem and solo canoes used

### ***Location***

This introductory clinic is conducted in a pool or calm water setting and involves some time in a discussion.

### ***Assessment***

This clinic is a participatory event with no pass or fail certification given. Participants are encouraged to partake in this clinic as often as they like and as often as is required to refresh their safety and rescue skills. Certificate provided

**We offer a flexible course schedule**

**This clinic is most generally offered over four hours and can be split up**

**\$79.95 per person**

**Lake Canoe Safety and Rescue Clinic  
Lesson Plan**

We will be approaching our learning from three typical rescue settings: on shore, in the boat, and in the water. This course is for both tandem and solo canoeists, and for those progressing to River Canoeing. We will be conducting this workshop on a flat water setting, but also near the mouth of the Adams River to feel the differences between flat and moving water.

Things we will cover:

- The most commonly used knots
- Self & Partner rescue
- Swamping & Towing
- Canoe over Canoe
- Safety Equipment & Outfitting
- Throw Bag Rescue from shore and Canoe

***Theory***

*Basic Environmental Hazards (Water/Wind/Waves/Weather) - Weather Information (Interpretation)When to get off!  
Exposure Aliments: Hypothermia & Hyperthermia (being prepared)  
Accident Prevention*

***Activity***

*Personal Preparation (clothing, water, snacks, medications, etc)  
Communication & Leadership & Transport Canada Requirements  
Principles of Effective Rescues & Organizations  
First Aid Kit*

***Activity***

*Review Transport Canada Regulations & PC PFD Policy - Always Wear It!  
Safe Canoe Procedures  
Lake Safety and Rescue Equipment*

*Understanding Limitations  
Regional and National Safety and Rescues Resources*

*Introduction to Lake- **Practical***

### **On Shore**

*Outfitting your boat for Safety and Rescue  
Throw Bag Uses  
Throw Bag Practice  
Knots- practice practice practice*

### **On the Water**

*Rescue Procedures (TARETHROG = talk/reach/throw/row/go)  
Tows- Towing Canoe and Swimmers  
Rafting Rescues  
Assisting Swimmers into Rescuers Canoes  
Self Rescues  
Empty a Swamped Canoe at Shore or Dock  
Canoe over Canoe Rescue  
Signals: Paddle & Whistle  
Deep Water Exits & Swimming Canoe to Shore  
Curl/Parallel*

### **General**

*Stable Rescue Stance (at each level participants should be aware of their body and boat position with relation to Personal Safety, the Canoe Stability, Position of Canoes and Swimmers)*

*Communication (between bow and stern rescue paddlers as well as between Rescuer and victims)*

### **Practiced and Demonstrated Maneuvers**

*Positioning of Safety Boat  
Capsizing  
Paddle & Equipment Recovery  
Boat Recovery  
Emptying a Canoe  
Victim Recovery  
Throw Bag Practice*