

Water SAFETY AND RESCUE Workshop
2 Hour DRY LAND



Knowledge and practice that will last a LIFE TIME &

Could SAVE a life!

Prices for two (2) Hour Programs

Groups of 1-3 \$39.95 per person

Groups of 4-6 \$29.95 per person

Groups of 7-9 – \$19.95 per person

Please contact us to discuss your group of 10+

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 all the while on dry land. This workshop emphasizes learning around equipment and boat outfitting, trip planning, and lake water safety and rescue skills. 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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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 paddling trip.

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 paddling trip
- 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 packing 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
First Aid Kit

Safe Canoe Procedures
Weather, Pre-Planning, and Understanding Limitations
Equipment
Outfitting your boat for Safety and Rescue
Knots- practice practice practice
Throw Bag Uses
Throw Bag Practice
Rescue Procedures (TARETHROG = talk/reach/throw/row/go)
Pulling in and Emptying a Capsized Canoe
Boat Recovery