## Physical Activity Safety Checklists

### Canoeing/Kayaking/Rowing

Canoeing, kayaking, and rowing are activities where only muscle is used to propel a boat on water using a paddle.

<table>
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<th>Risk Factor Rating</th>
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<td>4</td>
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#### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

#### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

#### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from a trained/certified National Coaching Certification Program/CanoeKayak Canada/Rowing Canada instructor or from an experienced paddler/rower capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in canoeing/kayaking/rowing.
- Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, “rules of the road,” required safety equipment and protecting the marine environment).
- Emergency rescue strategies are learned prior to participation.
- Skills are learned in proper progression, beginning with classroom sessions.
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work.
- Drinking water is available and consumed as needed.
- Students must know the rules of competition if participating in organized rowing sport.
- Leader is familiar with waters the group is paddling in, including hazardous rocks and strong currents.
- Instructor is aware of the local weather conditions/forecast.
- Weather/water conditions are appropriate for student’s development/capabilities.

*See camping checklists for safety information when camping overnight.*
### Physical Activity Safety Checklists

#### Canoeing/Kayaking/Rowing

**Supervision**

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- □ Recommended level of supervision: **on-site supervision** during instruction and **in-the area supervision** during outings
- □ Designated person has NLS Lifeguard certification or Current First Aid Qualifications
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency
- □ Instructor/supervisor has list of students on water

**Equipment**

- □ Equipment to be used is suitable and in good condition
- □ Equipment is checked regularly by qualified person
- □ Paddles/oars are correct size for participant
- □ Students are all wearing a proper fitted Transport Canada-approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board
- □ Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope
- □ Extra paddle is carried for each canoe
- □ First aid kit and phone are available

**Facility/Environment**

- □ Local weather conditions, forecast, and temperature are checked prior to outdoor session
- □ A map of the route is provided or the course is clearly marked; students are briefed prior to entering the water
- □ Emergency rescue boat is available
- □ Course is free of hazards or has clearly marked hazards

**Clothing/Footwear**

- □ Appropriate footwear is worn
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate protection from weather is used (e.g., hat, jacket, sunglasses, sunscreen)

**Other Considerations**

- □ The student has completed a regular medical checkup and a medical history prior to starting the program
- □ The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- □ Registration in an accident insurance plan is encouraged
- □ Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- □ The activity is suitable to the student’s age, ability, mental condition, and physical condition
- □ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- □ The student’s choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher