

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.

Risk Factor Rating

4

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.

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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