

**Environmental Studies Program
Bluewater District School Board
Revised Sept 2017**

The following are excerpts from the Risk Management Plan for canoe training and canoe tripping.

6.8 First Aid Qualifications: Each Group Leader/Instructor and the Teachers are qualified in Wilderness First Aid and CPR. In addition, it is a requirement that each student on this canoe trip has successfully completed a Standard First Aid and CPR course offered as part of the ESP class during the semester.

OPHEA 2017 Canoe Tripping guideline state the following:

When taking students to wilderness areas (which travel more than 2 hours from the arrival of emergency medical assistance), one teacher, trip guide, instructor or supervisor must have one of the following certifications:

- *Wilderness First Aid (or equivalent)*
- *Wilderness Advanced First Aid*
- *Wilderness First Responder*
- *Equivalent to any of the above.*

6.9 Lifeguard Qualifications: Each canoeing shadow groups will have a qualified Lifeguard with National Lifeguard Service (NLS) qualifications or Bronze Cross certification. Lifeguards and Canoeing Instructors will be in attendance at all water based activities.

OPHEA 2017 Canoe Tripping guideline state the following:

- *A trip guide or instructor must have Bronze Cross (The lifesaver with Bronze Cross Certification must be 18 years or older, and must not be registered in the course for which this trip is taking place)*

6.10 Trip Leader Qualifications: Each canoe trip group Leader is an Ontario Recreational Canoeing and Kayaking Organization (ORCKA) certified Level 3 Canoe Tripping Leader or a minimum of 20 years of guiding experience. Each Instructor/Leader also has extensive canoe tripping experience in the Temagami district.

OPHEA 2017 Canoe Tripping guideline state the following:

A trip guide or instructor must have one of the following current certifications (will be updated September 1, 2019):

- *ORCKA Canoe Tripping Level 3 Trip Leader*

- *Paddle Canada Advanced Tripping Skills*
- *Or equivalent*

At least one trip guide or instructor must have a current lifeguard N.L. certificate.

6.13 Swim Test: Every student that is going on a canoe trip will participate in a swimming test as specified in the Board’s field trip policy. The test will take place at the Hanover Aquatic Centre in March. This will allow students time to improve their swimming skills if they don’t do well on the test. The test will include the following components:

Prior to the canoe trip, each student will have participated in following swim test as per OPHEA 2017 Canoe Tripping guidelines:

- *Rolling entry (forward) into deep water at a minimum of 2.75 m depth;*
- *Tread water for 1 minute;*
- *Swim 50 m continuously using any stroke:*

The swim test will be supervised by two NLS qualified lifeguards and administered by 2 Bluewater Teachers. The swim test will be conducted at the Hanover Aquatic Centre in the spring prior to the canoe trip. Only those students who successfully pass the above swim test will be permitted to participate in this canoe trip.

- Any student who does not pass the above swim test will be informed immediately after the swim test and their parents will be contacted. Students will be encouraged to enroll in swimming lessons before the canoe trip so that they can attempt to pass the swim test before the trip departure date.
- If a student passes the OPHEA swim test on a second attempt after swimming lessons have been completed, both administration and parents will be informed before that student is permitted to attend the canoe trip.
- Results of the swim test will be documented and signed by both teachers and Lifeguards administering the swim test. This document will be given to the Principal and kept on file immediately after the swim test.

6.16 Swimming on Canoe Trips: Students will not be permitted to swim during the canoe trip. Students will be permitted to “Wade” into the water for cooling down or bathing purposes provided the following:

- Students are wearing their PFDs;
- Students are supervised;
- The student’s feet must be able to touch the bottom while in the water;
- This activity takes place during daylight hours.