

**Water SAFETY AND RESCUE Workshop I**  
**2 Hour DRY LAND**



A pre or post 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. This workshop emphasizes shore and lake water safety and rescue skills, as well as preparation and boat outfitting. 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 11+.

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: max 12 participants.

***Location***

This educational workshop is conducted on dry land and possibly near calm 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

**\$25 / person**

**That's a mere \$12.50 per hour for knowledge and practice that will last a**

**LIFE TIME!**

## Water SAFETY AND RESCUE Workshop

### 2 Hour DRY LAND

#### Workshop Outline

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 Experience:**

- Equipment: Parts of a Canoe, Parts of a Paddle & Selection, Selecting a Lifejacket (PFD- Personal Flotation Device)
- Outfitting your Boat for Safety, Packing, & Launching
- Practicing the most commonly used knots
- Throw Bags: What are they for? Self & Partner rescue
- 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*

*Personal Preparation (clothing, water, snacks, medications, etc)*

*Communication & Leadership & Transport Canada Requirements - PFD Policy - Always Wear It!*

*First Aid Kit*

*Safe Canoe Procedures*

*Lake Safety and Rescue Equipment*

*Understanding Limitations*

#### **On Shore**

*Outfitting your boat for Safety and Rescue*

*Throw Bag Uses*

*Throw Bag Practice*

*Knots- practice practice practice*

*Rescue Procedures (TARETHROG = talk/reach/throw/row/go)*

*Positioning of Safety Boat*

*Capsizing*

*Paddle & Equipment Recovery*

*Boat Recovery*

*Emptying a Canoe*