

CANOE TRIPPING LEVEL 3 (Trip Leader)

The purpose of Canoe Tripping Level 3 (Trip Leader) is to provide a Provincial certification of competence in the planning and leadership of wilderness canoe trip expeditions. Canoe Tripping Level 1 and Level 2 skills are expanded upon and new skills and theory are introduced to enhance the leadership ability and potential of the candidate. The Course involves a canoe trip, stressing organisation, safety, leadership, risk and crisis management.

OVERVIEW

Prerequisites

1. ORCKA Canoe Tripping Level 2, Canadian Style Paddling Level 1A (tandem) and River Running Level 1A (Tandem) or Moving Water Level 1A (Tandem),
2. Evidence of at least 25 nights of wilderness canoe tripping experience; wilderness canoe tripping distances totalling 500 km; at least 6 canoe trips in which the candidate was responsible for some of the organisation and leadership and at least one wilderness canoe trip of 5 days or more.
3. At least 17 years of age to qualify for Canoe Tripping Level 3 certification.

Safety

- Continuous demonstration of previous safety items
- Communications
- Personal and group safety

Theory

- Previous theory items
- Canoe repair and maintenance
- Wilderness first aid
- Weather interpretation
- Trip planning, reporting and assessment
- Group dynamics
- Trip leadership
- Risk management
- Crisis management

Skills

- Canoeing
- Food and menu planning
- Navigation
- Knots, hitches, lashings, and ropes
- Portaging
- Lining, tracking and wading
- Canoe trip

SAFETY

Previous Safety Items

The candidate must demonstrate throughout the duration of the course a comprehensive knowledge of and skilled application of all safety items taught in Canoe Tripping Level 1 and Level 2, Canadian Style Paddling Level 1 and River Running Level 1A or Moving Water Level 1A.

Communications

The candidate will demonstrate a thorough knowledge of appropriate communication signals to be used on a lakewater trip and a moving water trip. They should also be knowledgeable about basic signals and electronic devices to communicate with rescuers or searchers outside the canoeing group and how/when/why to use them. These may be ad hoc methods such as signal fires, flares, universal distress signals, standard ground to air signals, signal mirrors, strobe lights, EPIRBs (Emergency Position Indicating Radio Beacon)/PLBs (Personal Locator Beacon), light signals, radios, and cell/satellite phones. The candidate shall also be familiar with the basic whistle, paddle and hand signals used while involved in a rescue.

Personal and Group Safety Equipment

A list of personal safety items that each paddler would have on their person or in the boat shall be prepared. Likewise, a list of items that a group of paddlers should carry with them on a day trip or extended wilderness trip to handle any possible "emergencies" shall be produced. To the extent possible, all of these items should be available for assessment by the candidates.

SKILLS**Previous Skills Items**

The review of any or all skill items taught in Canoe Tripping Level 1 and Level 2, Canadian Style Paddling Level 1, River Running Level 1A and/or Moving Water Level 1A is at the discretion of the Course Director.

Canoeing

- (a) The canoeist will continuously demonstrate competence in the canoeing skills of ORCKA Canadian Style Paddling Level 1, River Running or Moving Water Level 1A (tandem), and Canoe Tripping Level 2.
- (b) The canoeist will show competence in paddling a solo canoe, loaded with tripping gear, during the Course canoe trip.

Food and Menu Planning

The candidate will plan a suitable menu for a wilderness canoe trip of at least 10 days. The candidate will be knowledgeable about the need to identify and account for food allergies, and specific dietary needs such as vegetarian meal options. They should demonstrate competence in a variety of methods of outdoor cooking, including baking, and be involved in and act in a leadership capacity for meal preparations on the course canoe trip.

Navigation

The candidate must be proficient with the navigation skills of Canoe Tripping Level 2. In addition, they must be able to select en route emergency egress points. The candidate must be familiar with practical land navigation including selection of a route, keeping track of distance, and detouring around obstacles. They must be familiar with the requirements of local land and air based rescue resources for safe contact and egress sites en route.

Knots, Hitches, Lashings, and Ropes

The candidate will demonstrate the "knots" required for Canoe Tripping Level 1 and Level 2. Candidates should be aware of the different materials used in rope and the different construction techniques and know advantages and disadvantages of each and be able to apply this to the selection of ropes for use in canoeing. The proper care of rope should be discussed and practised.

Portaging

The candidate will demonstrate the ability to organise and maintain control of tripping groups effectively at portages. Emphasis will be on the organisation and control of diverse groups over long, difficult portages.

Lining, Tracking and Wading

The candidate shall demonstrate the appropriate leadership for lining, tracking and wading. The candidate must know where these techniques are appropriate and recognise where portaging is a safer and more efficient alternative. The candidate will demonstrate how to safely organize and control a trip group while lining, tracking and wading. This will include the conduct of a site reconnaissance, development and briefing of a plan, with particular attention to critical danger points, and the placement of appropriate shore and water based safety as required.

Canoe Trip

Ideally the entire Course will be conducted as a wilderness canoe trip, the length of which is largely determined by the number of candidates attending. There is a need for at least one twenty-four hour period at the start of the course where the instructors will model the required level of trip leadership to the candidates. Each candidate must act as leader for two half-day sessions, during which time "scenarios" will occur which the leader and the group will have to deal with. The candidate will undergo self / peer / instructor debrief at the conclusion of each leadership role. During the second leadership opportunity the candidate is expected to show improvements based upon previous feedback of theirs and others leadership role. There should be at least one solo canoe (with tripping gear) on the trip and each canoeist will paddle and portage solo for a portion of the trip.

THEORY

Previous Theory Items

The candidate is expected to demonstrate a mastery of all previous theory items.

Canoe Repair and Maintenance

The candidate will demonstrate sound knowledge of the items required to be included in a wilderness canoe tripping repair kit. This includes:

- (a) minor repairs to wood-canvas, aluminum, glass, and ABS canoes (small tear or puncture, broken thwart or seat, etc.)
- (b) minor repairs to clothing, tents, packs and other essential tripping gear, and
- (c) proper care of equipment used throughout the Course.

Wilderness First Aid

The candidate should be able to demonstrate an ability to apply basic first aid knowledge in remote or wilderness situations. They should also demonstrate the ability to recognise and respond to critical signs and symptoms that require immediate medical care.

Weather Interpretation

The candidate should be familiar with all the sources of information available to predict likely weather conditions and changes of the same that could have an effect upon the trip participants. These should include the sources available before and during the trip. The candidate must demonstrate the ability to correctly apply this information to adjust the conduct of the trip to respond safely to changing weather conditions and to prepare trip participants properly for the environment they will encounter.

Trip Planning, Reporting and Assessment

- (a) The candidate shall plan a 10 day canoe trip suitable for a group of his/her choosing. The trip plan should include such things as: trip objectives, trip length, difficulty, lakewater and moving water components, potential campsites, possible changes of route, emergency evacuation routes, travel arrangements to trip location, equipment lists, menu, advance preparation for participants, leader's credentials, leader's responsibilities, etc.
- (b) The candidates will discuss the use of forms such as: trip registration, medical information, assumption of risk and responsibility, waiver, accident report, etc. Examples of these forms should be available.
- (c) The candidates will devise ways of determining whether a trip has met its objectives and other post-trip responsibilities of leaders.
- (d) The candidates will examine trip logs and determine the 3 or 4 kinds of information that should be included in same. Each person shall write a log of the Course canoe trip and/or a group log may be written.

Group Dynamics

- (a) The candidates will be conversant with the stages of group development.
 - 1. Forming
 - 2. Norming
 - 3. Storming
 - 4. Performing
 - 5. Deforming (adjourning)
- (b) The candidates will display an understanding of the role of the group leader in each of the stages of group development.

Trip Leadership

- 1. The candidate will demonstrate knowledge of appropriate leadership styles and procedures related to wilderness canoe tripping situations. Candidates should discuss dealing with communications within the group, morale problems, positive reinforcement, etc. In particular candidates will understand the essence of and appropriate application of:
 - 1) Leadership styles
 - 2) Leadership 4Cs
 - a. Credibility
 - b. Communication
 - c. Common Sense
 - d. Crisis management
 - 3) Communication Methods
 - 4) Outdoor Leadership Legal Liabilities
- (b) The candidate will demonstrate care and respect for all other participants on the course.

Risk Management

The candidates will be familiar with the risk management process and put it into practice while preparing for the course canoe trip and while on the canoe trip. The candidate should be familiar with: definition of risk, the difference between Risk management and Crisis management, how do accidents happen (objective and subjective), how to assess risk and accident potential, leadership and judgement, safety preplanning, medical care and training, technology and its limits, sharing the Risk Management process with the participants "Leader of the day".

Crisis Management

The candidate will be able to discuss examples of the various search and rescue procedures involved in wilderness tripping as well as emergency evacuation routes and procedures. The pros and cons of "splitting the trip" at critical times must also be discussed. The candidate will be familiar with and able to employ appropriately the following Crisis Management Plans:

- (a) Search Plan
- (b) Rescue Plan
- (c) First Aid Plan
- (d) Evacuation Plan, and
- (e) Follow-up Plan