

## CANOE TRIPPING LEVEL 1

Canoe Tripping Level 1 provides an introduction to canoe tripping for those with little or no tripping experience. Emphasis is on wilderness canoe camping skills and safety. As only Basic Canoeing Level 1 Tandem canoeing skills are required to undertake this course, it will normally be conducted in a calm or sheltered water environment. Canoe Tripping Level 1 prepares candidates to be safe, skilled and knowledgeable participants on short duration canoe trips lead by more experienced canoe trippers. It is expected that successful graduates of this course will progressively build their canoe tripping experience.

### OVERVIEW

#### Prerequisites

ORCKA Basic Canoeing Level 1(tandem), equivalent certification or comparable skills and experience (with the permission of the Course Director).

#### Safety

- Retrieving a swamped canoe (Loaded Canoe)
- Canoe over canoe rescue
- Self rescue
- Line toss and rescue
- Communications
- Personal and Camp Hygiene

#### Theory

- Canoeing heritage
- Canoe design and construction
- Trip planning
- Canoe tripping gear
- Clothing and personal effects
- Tools and repair kits
- Canoeing first aid
- Weather interpretation
- Environmental practices and concerns
- Canoeing resources

#### Skills

- Canoeing
- Food and menu planning
- Packing
- Navigation
- Campsites and shelters
- Fires and stoves
- Knots
- Portaging
- Canoe trip

## OVERVIEW OF CANOE TRIPPING LEVEL 1A

#### Prerequisites

ORCKA Basic Canoeing Level 1, equivalent certification or comparable skills and experience (with the permission of the Course Director).

#### Safety

- Retrieving a swamped canoe (Loaded Canoe)
- Communications
- Personal and camp hygiene

#### Theory

- Canoeing heritage
- Canoe tripping gear
- Clothing and personal effects
- Canoeing first aid
- Environmental practices and concerns

#### Skills

- Canoeing
- Packing
- Campsites and shelters
- Knots
- Portaging
- Canoe trip

## OVERVIEW OF CANOE TRIPPING LEVEL 1B

### Prerequisites

ORCKA Canoe Tripping Level 1A.

### Safety

- Canoe over canoe rescue
- Self rescue
- Line toss and rescue

### Theory

- Canoe design and construction
- Trip planning
- Tools and repair kits
- Weather interpretation
- Canoeing resources

### Skills

- Canoeing
- Food and menu planning
- Navigation
- Fires and stoves
- Portaging
- Canoe trip

## SAFETY

### General

PFD's will be worn by all participants throughout all safety exercises and manoeuvres.

### Retrieving a Swamped Loaded Canoe

The two candidates will swamp or tip their loaded canoe at a distance of 25 to 50 metres from shore. The canoeists will then bring their canoe to shore by either swimming and towing/pushing or climbing in and paddling. Once at shore the canoeists will empty the canoe using either a shallow water or shore based technique. The procedure is not complete until all equipment from the loaded canoe has been retrieved and reloaded into the canoe.

### Canoe over Canoe Rescue

The two candidates in the rescue canoe will approach a swamped or overturned canoe, with two conscious victims in the water, and complete a canoe over canoe rescue (the rescue includes getting the victims back into their canoe). The rescue should be performed with moderate ease and efficiency. Emphasis must be placed on the safety of all individuals involved in the rescue.

### Self-Rescue

The two candidates will swamp or tip their loaded canoe at a distance of 25 to 50 metres from shore. The canoe should be emptied or partially emptied of water so that the canoeists can re-enter the canoe and paddle it to shore.

### Line Toss and Rescue

Using a victim (target) floating 10 to 15 metres from shore, the rescuer will throw a safety line from the shore to the victim and bring the victim safely onto the shore. The rescuer should be successful in "hitting" the victim (target) with the line in at least 2 of 3 attempts.

### Communications

The candidate will demonstrate knowledge of and will practice appropriate communication signals within the group while on the canoe trip. These may be voice, whistle, hand, and/or paddle signals, decided upon by the group.

## Personal and Camp Hygiene

The candidate will demonstrate knowledge of and will practice appropriate techniques to ensure that camp hygiene is maintained at the highest standard. They must understand the particular importance of preventing sickness and infections from food or body injury while in a tripping setting removed from immediate definitive emergency or medical support. Areas of concern include the storage of food and preparations of meals and eliminating cross contamination for both allergy and bacteria growth. The proper techniques for personal and kitchen equipment washing/cleaning and the relationship of cleanliness to good health must be understood.

## SKILLS

### Canoeing

- (a) The candidate will demonstrate the canoeing skills of ORCKA Basic Canoeing Level 1. If two separate Courses are being used to accomplish Canoe Tripping Level 1, Basic Canoeing Level 1 Tandem skills should be dealt with in Canoe Tripping Level 1A.
- (b) The candidate will show how to properly load and unload a canoe with the canoe tripping gear, at a rocky shore and a beach. The canoeists should then board the canoe. The canoe should be properly trimmed; if it is not, the load should be adjusted to accomplish this. This is a Canoe Tripping Level 1A item if two separate Courses are being done.
- (c) The candidate must show an ability to control the canoe in moderately rough water, when in the stern position. The candidate must also demonstrate an understanding of the importance of adjusting weight for paddling upwind, downwind, and crosswind. The candidate must demonstrate an awareness of personal skill limitations and good judgement with respect to travel in rough water. This is a Canoe Tripping Level 1B item if two separate Courses are being done.

### Food and Menu Planning

- (a) The candidate will show a good basic knowledge of appropriate and interesting trip foods. He/she must also discuss the importance of good nutrition for canoe tripping and know how to translate nutritional needs into suitable camping menus considering the following: kilojoules needs, portability, cost, taste, variety, ease of preparation, food allergies, and food preparation.
- (b) The candidate will show a basic knowledge of various methods for preserving perishable food items for canoe tripping.
- (c) All candidates will assist in the meal preparations on the canoe trip.

### Packing

The candidate will demonstrate a basic knowledge of several acceptable methods of packing of food, sleeping bags, tent, personal effects, etc., using combinations of packsacks, knapsacks, wanigans, barrels, tumpline and rolls. In each case the means of effective waterproofing and at least some buoyancy promotion must be demonstrated. These methods must then be related to canoe loading, securing or not securing packs to the canoe, portaging, and the retrieving of an upset canoe that was loaded with the tripping gear.

### Navigation

This is an introduction into the use of maps and compass. Maps will include formats most likely to be used by the public. This is including but not exclusive to park maps, canoe route maps and topographic maps. The candidate will demonstrate a basic knowledge of map symbols. He/she will also demonstrate an ability to orient the map to a chosen direction of travel. The candidate must be able to pinpoint his/her location on the map during the canoe trip, several times using the Universal Transverse Mercator (UTM) or degrees/minutes/seconds markings on topographical maps. He/she will be familiar with the parts of a compass and its use. He/she must also take compass bearings from the map and relate these to the field.

**Campsites and Shelters**

- (a) The candidate will describe the essential and desirable attributes of a good campsite.
- (b) The candidate will demonstrate the ability to "pitch" several types of tents. They will also demonstrate how to erect a kitchen tarp.
- (c) The candidate will describe the essential safety aspects of selecting, preparing, maintaining and vacating a wilderness campsite. This should include but not be limited to the presence of natural hazards such as standing dead trees, overhanging branches, quickly rising water levels, severe winds, lightning, flora and fauna. The danger of smouldering ground fire from stoves, open fire pits and smoking plus the methods and procedures undertaken to prevent such occurrences must be fully understood.

**Fires and Stoves**

- (a) The candidate will describe various methods of setting up a cooking and baking fire and carefully demonstrate one such method.
- (b) The candidate should be familiar with the operation of several types of stoves suitable for canoe tripping and have practice in their operation.
- (c) The candidate should be able to describe the advantages and disadvantages of the use of stoves and fires, considering safety and environmental impact.

**Knots**

The candidate will demonstrate the tying of each of the following knots and hitches:

- (a) Stoppers
  - overhand (thumb knot)
  - figure-eight knot
- (b) Loops
  - bowline
- (c) Hitches
  - Half hitches (single, double, slipped)
  - Clove hitch
  - Trucker's hitch
- (d) Bends
  - Reef (square knot)
  - Figure eight bend

They must also be able to demonstrate where each may be used.

**Portaging**

The candidates must portage their canoe and camping gear a distance of at least 200 metres. This may be done in one or two trips through the portage. The canoe may be portaged tandem. This distance should be decreased to 100 metres for Canoe Tripping Level 1A. These are minimum distances; the actual distances will depend upon the canoe trip route.

**Canoe Trip**

The candidates must participate in an overnight canoe trip. Each person should (as much as is possible and practical) put into practice the safety, skills and theory material presented in the Course.

**THEORY****Canoeing Heritage**

The candidate will demonstrate an introductory knowledge of both the diverse roles of the canoe in the Canadian heritage and the evolution of recreational canoe tripping.

**Canoe Design and Construction**

The candidate should know the advantages and disadvantages of various canoe designs that may be used in a canoe tripping context. They should be familiar with different construction methods and materials used in the manufacture of tripping canoes.

**Trip Planning**

The candidate must have sufficient skill and knowledge to participate in the planning of a 5 day canoe trip of his/her own. This would include such things as: why, where, when, who, what, and how. The canoe trip that is part of the Course will serve as a model in this exercise.

**Canoe Tripping Gear**

The candidate should be aware of all the group gear necessary for a 5 day wilderness canoe trip and explain why the various items are included. They should also be able to describe the characteristics of quality canoe tripping gear.

**Clothing and Personal Effects**

The candidate must be aware of appropriate clothing to be taken on various types of trips, taking into account the possible extreme changes in temperature, the likelihood of heavy and extended rain, wind, and buggy conditions. The candidate should be able to justify all other personal effects, including toilet articles (soaps, etc.), flashlight, knife, whistle, compass, etc.

**Tools and Repair Kits**

- (a) The candidate will demonstrate the safe and appropriate use of knife, saw and axe (if these items are included in the tripping gear; if not, a description will suffice).
- (b) The candidate will itemise and explain the contents of a repair kit for canoe tripping equipment and gear, noting the possible role of each item.

**Canoeing First Aid**

- (a) The candidate must be aware of the essential items of a basic first aid kit and describe the uses of each item included in the kit.
- (b) The candidate must be aware of the signs, symptoms and prevention of each of the following: hypothermia, overexposure to sun and wind, dehydration and heat disorders (cramp, exhaustion and stroke).
- (c) The candidate must show an understanding of how to provide protection from biting insects, by attention to clothing, shelter, campsite location, repellents, bug hats and jackets or suits. They must also be aware of the habits and habitations of mosquitoes, black flies, deer flies, sand flies, wasps, ticks, etc.
- (d) The candidate must discuss what appropriate measures should be taken to avoid encounters with, or when encountering potentially dangerous animals; namely bears deer, moose, cougars, wolverines, snakes, and rabid animals. They must also display knowledge of how to store food, and maintain a clean campsite, thus avoiding molestation from bears, raccoons, and other animals.
- (e) The candidate must be aware of at least two methods of purifying drinking water and discuss the appropriate use of such methods.

**Weather Interpretation**

The candidate will be aware of the influence of wind, rain, and lightning on trip procedures. They should be familiar with at least 4 items of traditional weather lore useful to canoe trippers.

**Environmental Practices and Concerns**

The candidate will be familiar with the concept of no trace camping, including knowledge of the "active" layer of soil, proper "toilet", cooking fire, disposal of grey water and garbage procedures. They should be aware of the effects of hazardous industries on our waterways and of current concerns of the canoeing community with regard to public issues involved in wilderness preservation, public access, and travel.

**Canoeing Resources**

The candidate should be aware of the Ontario Recreational Canoeing and Kayaking Association, other provincial, national and international canoeing associations, provincial and national parks, conservation authorities, canoeing schools, canoeing clubs, outfitters, books, magazines and films/videos and internet websites which pertain to canoeing.