

Orenda Canoe Club

powerful spirit



Policy Name: **Cold Water Paddling**
Effective Date: July 19, 2011

Policy Number: 1-a
Revision: 5

POLICY 2: Extra precautions will be taken in cold water situations.

Protocol 1: The Head Coach or canoe Instructor will solely determine the eligibility of a paddler to go onto the water.

Protocol 2: The Coach/Instructor must determine the suitability for paddling of the weather conditions, i.e. wind, waves, temperature and visibility and any combination of these, before and during the on-water training periods. Air temperature will be documented in a log kept by the Head Coach/Instructor.

Protocol 3: Each paddler on the water will wear a PFD and carry a whistle.

Protocol 4: Paddlers will use a buddy system on the water. If a tip occurs, paddlers in the immediate area are to stop and stay with the person in the water until the rescue is complete. If the safety boat must take the tipped paddler away from the group, all remaining paddlers must move close to shore and paddle back to the clubhouse.

Protocol 5: The safety boat operator/coach/instructor will be close enough to all paddlers on the water to affect a rescue within 1 minute of a tip occurrence, and will always be within line of sight.

Protocol 6: Tipped paddlers will be recovered in accordance with Entry Level Canoe Coaching (ELCC) training and first aid training.

Protocol 7: Paddlers will stay a minimum of 50 feet from any ice on the water and be no more than 150 feet from shore.

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Orenda Canoe Club Informed Consent Form

I/We, the undersigned, hereby acknowledge that risks of injury are inherent to the participation in the sport of paddling. These injuries may be minor or serious and may result from one's actions, or the actions or inactions of others, or a combination of both.

I/We understand that the Club's Rules and Regulations are designed for the safety and protection of participants and hereby undertake to abide by these Rules and Regulations.

I/We understand that certain activities require a minimum level of fitness and health, physical, mental and emotional, and each person has a different capacity for participating in these activities.

I/We hereby warrant being physically fit to participate and understand that the choice to participate brings with it the assumption of those risks and results that are part of these activities.

I/We agree the Orenda Canoe Club, or its employees, servants, or agents shall not be liable for any injury to my person, or loss or damage to my personal property, arising from, or in any way resulting from, my participation in these activities, unless such injury loss or damage is caused by the sole negligence of the Club, or its employees, servants, or agents while acting within the scope of their duties.

I/We declare having read and understood the above informed consent agreement in its entirety and hereby consent to participate acknowledging all of the foregoing.

Signatures

Paddler name: _____

Paddler signature: _____

If paddler is under 19 years of age:

Parent name: _____

Parent signature: _____

Date _____