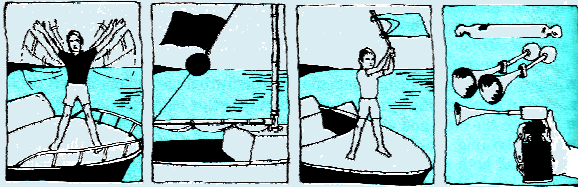


Safety on the Water

- The skipper must keep a very good look out by sight and hearing at all times to be fully aware of the environment around them.
- Walk canoes around obstacles, such as low bridges.
- Approach the wash of a power boat by turning the bow or stern as close to 90° to the wash as possible.
- When capsize occurs, always ensure that all crew are safe before gathering gear. Always stay with the canoe.
- Wave both arms up and down to attract attention if assistance is required.



Canoe Repair Kit

- Extra paddle
- Torch (waterproof)
- Duct tape
- Long length rope
- Tomahawk
- Personal First Aid Kit



NB: A fibreglass canoe must be clean and dry before undertaking repairs.

Planning an Expedition

- The expedition leader must complete all sections of the Activity Notification Form.
- The activity leader must check each canoe is in good condition prior to use.
- All necessary maps and charts must be carried.
- A minimum of 3 canoes or 5 kayaks must be on any journey.
- At least one crew member must be qualified in First Aid.
- The holder of a current Boating Certificate (Level II or higher) must be in control of each canoe.
- The expedition leader should travel in the last canoe.
- Always let somebody know where you are going and your estimated time of arrival.
- Use barrels or dry sacks when packing gear into a canoe and ensure the boat is balanced.
- When canoeing at night show a white light.
- Boats should be checked by the leader in charge before each activity.
- Foam is the preferred material for buoyancy and should be capable of keeping the canoe afloat while capsized and full of water.

GREATER WESTERN SYDNEY



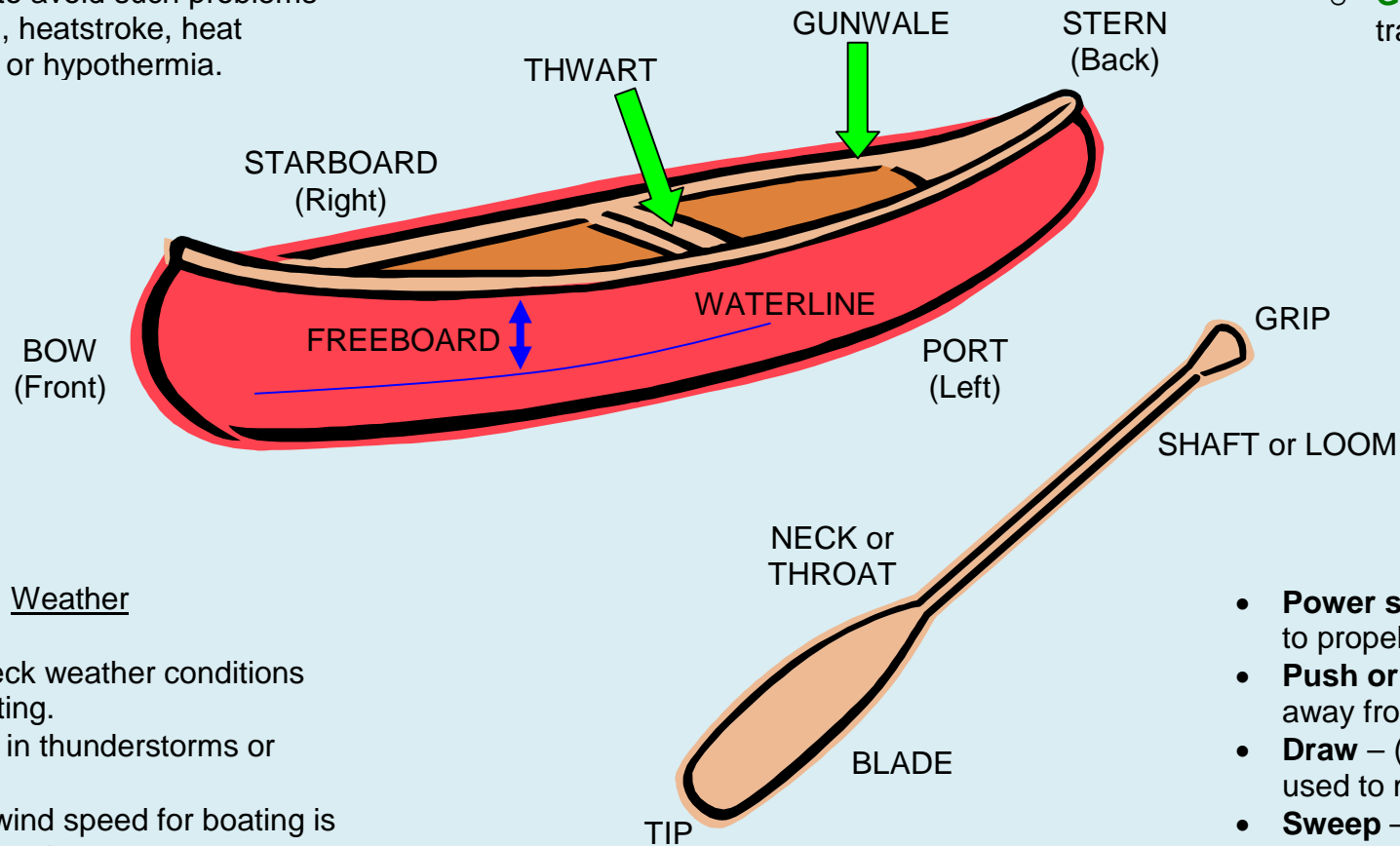
Boating Certificate **Information** **Handout**

CANOEING

Personal Gear

- Enclosed shoes and a PFD must be worn in a canoe at all times.
- A light-weight, long-sleeved shirt and long pants are advisable whilst on the water.
- Drink plenty of water to avoid dehydration.
- Be prepared for all weather conditions to avoid such problems as sunburn, heatstroke, heat exhaustion or hypothermia.

ON THE WATER!



Weather

- Always check weather conditions before boating.
- No boating in thunderstorms or high winds.
- Maximum wind speed for boating is approx 10 knots.
- Tides change every 6 hours. Water is faster halfway between tides.

Rules for Boating

- Stick to the right hand (starboard) side of the river or channel.
- Steer to starboard to avoid other craft.
- Canoes give way to all other craft.
- Raft up to cross large rivers.
- Channel markers – cone shaped
 - **Red** – keep on **left** when travelling upstream
 - **Green** – keep on **right** when travelling upstream



Strokes

- **Power stroke** (forward stroke) – used to propel a canoe forward
- **Push or pry** – used to push a canoe away from the paddle side
- **Draw** – (reverse of the push stroke) used to move closer to the paddle side
- **Sweep** – used to make a sharp turn
- **“J”** – used only when paddling in the stern to paddle in a straight line
- **Trail** – used to correct direction