

## Paddle Safety Checklist for the Paddle Programs

Have fun and stay safe when paddling on lakes in the Shuswap: (Visit: <https://www.bccanoe.com/>)

- Each person in the canoe or kayak **must wear an approved PFD** (Personal Flotation Device)
- Each boat must have the following: (The following are required by law)
  - A lifejacket or PFD for each person in the boat
  - A buoyant heaving line at least 15 m (49.3”) long (i.e. a throw rope that floats)
  - A manual propelling devise (can you say paddle? 😊)
  - A bailer or manual bilge pump (for getting water out of your boat)
  - A sound signalling device (e.g. a whistle attached to your PFD)
  - And navigation lights if paddling after sunset or before sunrise or if there’s restricted visibility like fog (we’d rather you didn’t count turtles after sunset, and so do they 😊)(And STA sanctioned programs require the following additional requirements)
  - A spare paddle (one more paddle than paddlers)
  - (for kayaks) a paddle float for self-rescuing
  - A Canadian approved PFD (coast guard, MOT, DOT) must be WORN when in the boat. The PFD must be in good condition and fit well.
  - A whistle suitable for use in water attached to each person in the boat (e.g. PFDs)
  - (For canoes) Bow and stern painters (3-8 metres of 9-12mm polypropylene or other floating, synthetic rope is recommended). Painters should be attached to a sturdy part of the canoe close to the bow and stern. They should be stowed to avoid entanglement but quickly accessible during rescues.
  - As an upgrade to the Transport Canada buoyant heaving line requirement, 15-25 meters of 9-12mm polypropylene or other floating, synthetic rope should be carried.
- Plan for changing weather (bring a raincoat, rain pants, toque! Wool or synthetic clothes are best.) And carry a full change of clothes in a waterproof bag for changing into after a capsize or rain storm. We want you to stay safe AND warm, which always equals more fun!
- Bring sun hats, sunglasses, sun protection, and other essentials (food, water)
- Keep your gear in a waterproof bag and properly stowed:
  - for canoes, either stow gear so that it will not hang below the gunwales when the canoe is inverted. This allows for canoe over canoe rescue – OR secured by tether so that gear will float away and outside the canoe if a tip occurs (this second method is only for lake paddling, not moving water). If neither method is possible, stow your gear in the canoe loosely so it can float free of the gunwales and be retrieved after a rescue.
  - For kayaks, stow gear in waterproof bags within the provided compartments
- Paddle close to shore – i.e. only paddle as far from shore as you are able and willing to walk/swim back to the bank.
- When stopping to count and record wildlife (take photos, etc.) ensure your boat is stable before beginning to record. In a tandem boat, have your partner stabilize the boat with a brace (paddle in the water). In a solo boat, keep your weight low and centred.
- Before you go, tell someone where you are going**, how many are with you, what you’re doing, when they can expect you back, and that you will tell them when you return.



***Have fun and happy paddling!***

# A Few General Guidelines for Outdoor Clothing

The following is provided as an aid to individual clothing selection for outdoor activities. When looking over the equipment list remember the following 3 principles of dressing for outdoor activity:

## #1 Layering -

This consists of putting on a series of garments as opposed to wearing an arctic parka over a t-shirt. Many thin layers build up the dead air space between them and so add to the insulation value of the clothing.

## #2 Wind Blockage -

Moving air (wind) quickly robs the body of its heat. By wearing garments that are windproof as an outer layer a person can maintain heat trapped in the dead air spaces between clothing layers.

## #3 Control Wetness -

Wet clothing contributes to the evaporation of heat away from the body. So, wear layers that allow perspiration to slowly evaporate away. Synthetic pile or fleece is especially good at wicking moisture away from the body, while retaining its insulation value. Cotton is the opposite, losing insulation properties when wet and speeding heat loss by evaporation.

For cool or rainy weather layering provides the essential options for comfort and safety. Each layer serves a purpose:

### Absorptive Layer:

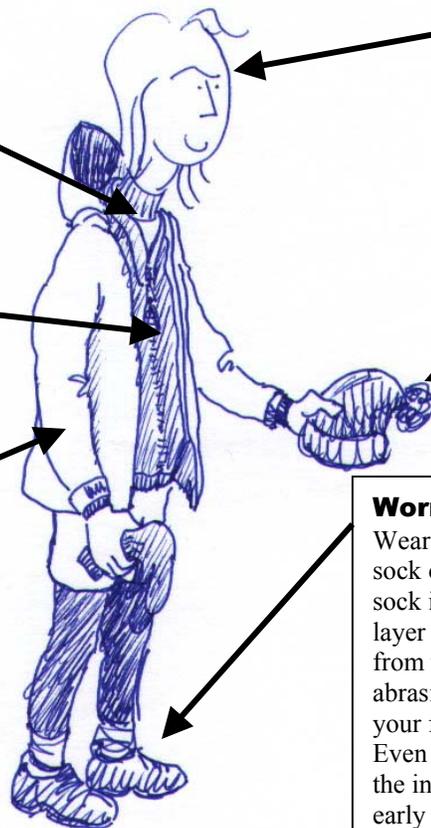
Moves perspiration away from the skin. Fabrics which do not absorb water, are warm when wet, and are light work well. Eg. synthetic fibre underwear.

### Insulation Layer(s):

Retains heat generated by the body. Here the more "dead air" that is trapped in smaller spaces the better the insulation. Eg. are wool and synthetic fleece.

### Protective Layer:

Protects the wearer from the effects of wind, water and sun. This will need to be windproof, or waterproof, or both. Please note: adequate rain wear is a must. See "Packing".



### Did you know?

An already cold person will rapidly lose up to 80% of their body heat through the head. A wool or synthetic fibre toque can become a critical piece of survival gear. Always carry one!

### Worried about blisters?

Wearing a thicker wool or synthetic fabric sock over a thin polypropylene synthetic sock is a great combo. The thin polypropylene layer wicks away blister chafing moisture from your feet, and provides a smooth abrasion reducing protective layer between your foot and the rougher outer sock. Even better... buy socks without seams on the inside, and tape hot spots on your foot early before they become blisters. And for those little rub points that do show up along the trail, consider duct tape to smooth the culprit bump on the inside of your boot, as well.