

RACCC 2017 Paddle Canada Courses

Canoe Tripping

TRIPPING Courses happen EARLY - register ASAP!

Tripping training is offered both as Full Courses comprised of most of the evening Seminars and a weekend Trip, or as individual evening Seminars, open to all. Sign up for any component that interests you, OR sign up for the whole course (limited enrolment) to earn your Paddle Canada Canoe Tripping (Introduction or Advanced) certification. We have also scheduled both Introductory and Intermediate Lakewater Skills canoe paddling courses to provide the prerequisite skills needed for participation in the Full Tripping courses. Details below and at <http://www.racc.ca/programs/training/tripping-training>
Questions can be directed to Lynette Chubb at 613-722-0871 or Jay Morrison at 819-459-1643

Evening Seminars: \$5 club members, \$10 non-member, per session

Full Courses: \$125 (members only)

Full Course: Introduction to Canoe Tripping

Aim: This course introduces the canoeist to the camping skills required to make safe and enjoyable overnight trips in an environmentally sensitive manner on waterways for which they have the skills. It is essential for all Introduction to Canoe Tripping certified paddlers to travel on the water with others who have been trained in the techniques of assisted rescues. Successful completion of this course will qualify most people who have little or no previous experience for almost all of our Club flatwater trips.

The course cost includes: most evening Seminars listed below (Apr12,25, May 2,4,5,9,11,16, Pool session (Jun 2) canoe rental, club equipment and the **4-day canoe trip (May 19-22 NOTE: date could be changed due to Instructor availability)** which will involve additional trip-associated shared expenses such as food, transport, camp fees etc., (max \$100, though probably less). Limited enrolment – act fast!

Prerequisites:

- Lake Canoe Introduction (May 13-14 \$100) or equivalent skills.
- Physical fitness level capable of learning to carry (light) canoes and packs for a minimum of 100m (with assistance if requested)
- Recommended: 16 or more hour Basic First Aid Course
Register for entire course (\$125) Barcode 9947

Full Course: Advanced Canoe Tripping

Aim: This advanced course builds on the canoeist's camp and travel skills and introduces leadership, group dynamics, group management, food preparation and storage for longer trips. A successful candidate is considered an accomplished canoe tripper with substantial experience who is capable of all aspects and responsibilities for organizing and leading extended and remote wilderness trips in an environmentally sensitive manner. It is essential for all Canoe Tripping certified paddlers to travel only on waterways which match their certified skill levels.

The course cost includes: most evening Seminars listed below (Apr12,25, May 2,4,5,9,11,16, Pool session (Jun 2), canoe rental, club equipment and the 4-day canoe trip with portaging (May 19-22) which will involve additional trip-associated shared expenses such as food, transport, camp fees etc. (max \$100, though probably less), but does NOT include the Advanced Navigation (Apr 28,29) or GPS Seminars (May 25), both of which are mandatory for certification, and must be registered for separately. Limited enrolment – act fast!.

Prerequisites:

- Lake Canoe Introduction or Intermediate (May 13-14 \$100) or equivalent skills.
- Introduction to Canoe Tripping or equivalent skills.
- A minimum of 4 logged overnight canoe camping trips.
- Physical fitness level equal to portaging canoes and packs solo (minimum distance 200m)
- Recommended: minimum 36-hour Wilderness First Aid Course.

Register for entire course (\$125) Barcode 9945

Register for Advanced Navigation Parts 1&2 (\$20) Barcode 9952

Register for GPS Navigation Seminar(\$5) Barcode 9948

Seminars / Course Components

Mandatory = attendance required for Paddle Canada Certification for Full Courses

For more information see full descriptions below List:

Apr 12 Wed 7-9pm - **Trip Leaders Seminar** (Free, recommended for ALL members)

***** Fri Apr 21 RACCC OPEN HOUSE 6:30-8:30pm, Clarke Hall *****

Apr 25 Tue 7-9:30pm - **Map & Compass Essentials** (mandatory & included in INTRO & ADV)

Apr 28 Fri 7-10pm - **Advanced Navigation** Part 1 of 2 – Map and Compass

Apr 29 Sat 9am-5pm - **Advanced Navigation** Part 2 of 2 – Field Exercises

(not included but recommended for INTRO & mandatory for ADV)

May 2 Tues 7-9:30pm - **PACKING for a Canoe Trip** + Repair & 1st Aid Kits

(mandatory & included in INTRO & ADV full course)

May 4 Thu 7-9:30pm - **Camp FOOD, Hygiene, Stoves & Water** (mandatory & inc in INTRO & ADV)

May 5 Fri 7-9pm – **Club & Boathouse Orientation** Seminar

(Free, recommended for ALL members / mandatory & inc in INTRO & ADV)

May 9 Tue 7-9pm - **KNOTS Night** - BYO Rope!!! (mandatory & inc in INTRO & ADV)

May 11 Thu 7-9:30pm - **Trip Leadership & RISK Management** (mandatory & inc in INTRO & ADV)

May 13-14 S&S 2 days - **LakeWater Canoe Skills Courses** – PC Tandem Introduction or Intermediate

(mandatory INTRO & ADV or you must have equivalent skills to participate in May 19-22 trip)

May 16 Tue 7-9pm - **Pre-trip Meeting** in Boathouse (mandatory for May 19-22 trip participants)

May 19-22 F/S/S/M - **Long Weekend Canoe Trip** - Barron Canyon / Grand

(mandatory & ONLY for full course participants)

May 25 Thu 7-9:30pm - **GPS Navigation** (not included but mandatory for ADV)

May 26 or May 5 Fri 7-9pm - **Club & Boathouse Orientation** (Free, recommended for ALL members)

Jun 02 Fri 7-8:30pm **POOL Session Canoe Rescue** @Gloucester Pool (mandatory & inc INTRO & ADV)

Jun 3,4 Sat&Sun 9am-5pm **Standard 1st Aid** 16hr @ Red Cross HQ, 340 Catherine St

Trip Leaders Seminar

This session is designed to recruit and support club members who are interested in contributing by volunteering as trip leaders on club trips. Our mentorship process is designed to encourage you to start small by assisting with easy day trips with an experienced leader. This seminar will consist of about a 1/2 hour information session on what is involved in leading a club trip and the rest of the evening in small groups of 5-6 people engaging in Q&A with an experienced trip leader. We need more trip leaders so we can expand our summer programming – please come! We may retire to the RA Fieldhouse (Pub) for some social time afterwards. FREE & recommended for ALL members.

Apr 12 Wed 7-9pm - RA Classroom - Courtside A

FREE, but please RSVP so we know how many to expect: flatwater@raccc.ca

***** Friday, April 21st is our **RACCC OPEN HOUSE** 6:30-8:30pm, Clarke Hall @ RA *****

Map & Compass Essentials Seminar

This Seminar is open to all and is also one of a series which is included in the Canoe Tripping certified courses. This seminar is a prerequisite for attending the Advanced Navigation or the GPS Navigation Seminars. This introduction to basic map reading and compass features and skills for canoe trippers will cover how to: use a compass; orient a map to the direction of travel; take a bearing; triangulate your position; determine average travelling speed with a watch and a map; determine and communicate locations. What is declination, how to calculate it and transpose the information onto a map. Registration for a full Canoe Tripping course includes this seminar and attendance is mandatory for both INTRO & ADV certification. Bring your compass if you have one. If you don't, come & learn the best kind to buy!

Apr 25 Tue 7-9:30pm - RA Classroom Location: Outaouais

Register for this Seminar only: Barcode 9951 (\$5members or \$10non-members)

Advanced Navigation with Map & Compass for Canoe Trippers

Prerequisite: Map & Compass Essentials (Apr 25) or a basic knowledge of or previous experience with map & compass. Attendance is NOT included in full course fees, but is mandatory for ADV certification.

Aim: This two part course is designed to reinforce your map and compass skills with a three-hour classroom session to review all the skills necessary for successful navigation through unmarked bush. The field day will involve brushing up on practical navigation skills in the morning and bushwhacking in the South March Highlands all afternoon. Although participants do not need a high level of fitness (we go slowly), they do need to feel comfortable being deep in the bush, a long way off any trails. This course is unsuitable for novices or anyone with mobility issues. Dress for the weather, the rugged terrain and mosquitoes, blackflies & ticks.

Bring: Lunch, Water and a good declination-adjusted mirror Compass. Advice on the best model to purchase will be offered to registrants who need to acquire one.

Refer questions about this course to Nigel at wilderness_navigation@yahoo.ca

Apr 28 Fri 7pm sharp -10pm - Advanced Navigation Part 1of2 – Map and Compass

Location: RA classroom: Outaouais

Apr 29 Sat 9am-5pm - Advanced Navigation Part 2of2 – Field Exercises South March Highlands

Enrolment limited to 12 participants – book early!

Registration Barcode 9952 for Parts 1&2 (\$20)

PACKING for a Canoe Trip + Repair & 1st Aid Kits Seminar

Packing List – what to take and how to pack personal gear and group gear for a canoe trip. What you can use that you already own. What you might need to buy and where to buy it in Ottawa. What features to look for in basic equipment. How to pack for portaging and for varying weather conditions. Waterproofing options and lightweight alternatives. Some aspects of group gear. What should be in a repair kit and in a first aid kit. Registration for a full Canoe Tripping course includes this seminar and attendance is mandatory for both INTRO & ADV certification.

May 2 Tues 7-9:30pm - RA Classroom Location: Courtyard B

Register for this Seminar only: Barcode 9950 (\$5members or \$10non-members)

Camp FOOD, Hygiene, Stoves & Water

Canoe Trippers appreciate healthy, delicious meals more than you can imagine! We will present: Canoe trip menu planning and packing: weight, nutrition, calories, ease of preparation, resistance to spoilage of various foods, food dehydration. Group & personal kitchen gear. Packing, storage, and safety. Introduction to various cooking methods: features of various types of camp stoves, dutch oven, outback oven, twig stoves, campfires, fireboxes, safety. Camp hygiene: water filtration, dishes, waste disposal, toilet practices. Leave No Trace principles. Registration for a full Canoe Tripping course includes this seminar and attendance is mandatory for both INTRO & ADV certification.

May 4 Thu 7-9:30pm - RA Classroom Location: Courtyard A

Register for this Seminar only: Barcode 9949 (\$5members or \$10non-members)

RACCC Club & Boathouse Orientation Seminar

The goal of this seminar is to get people involved early in the year and make them comfortable in participating in trips at their level. This is a general introduction to the Club, including the different programs that are available, how to sign up for trips, what equipment is needed for day and extended trips. Included are practical demonstrations of canoe and camping equipment, how to reserve and sign out equipment, how trip planning sessions work, how trip finances operate, and a practical session of how to put a canoe on a car and tie it down safely. This info can also be found at raccc.ca - see the Handbook section under the Membership tab. The whole orientation is done in about an hour and a half. People are welcome to stay overtime and ask any questions. We sometimes retire to the RA Fieldhouse (Pub) for some social time afterwards.

May 5 &/or May 26, Fri 7-9pm (FREE, Recommended for ALL members, mandatory for INTRO & ADV full course participants) Location: meet in RA Canada Rm (& RACCC boathouse)

Please register by RSVP: nur.henry@gmail.com so we know how many to expect.

KNOTS Night Seminar

Knots are fun. Tying down canoes, setting up tarps, tightening your tent guylines... for every job, there is a knot that works perfectly for it. "Better to know a knot and not need it, than need a knot and not know it."

During this seminar we learn and practice a series of essential knots for canoe trippers:

INTRO: Reef, Bowline, Sheet Bend, Truckers' Hitch, 2 Half Hitches, Taut Line

ADV: Figure 8(Loop, Follow Through, Directional, Bend), Alpine Butterfly, Fisherman's, Prusik, Clove hitch

BYO Rope if you can (we have plenty of extra). We also recommend <http://www.animatedknots.com/>

Registration for a full Canoe Tripping course includes this seminar and attendance is mandatory for both INTRO & ADV certification.

May 9 Tue 7-9pm - RA Classroom Location: Courtside B

Register for this Seminar only: Barcode 9953 (\$5members or \$10non-members)

Trip Leadership & RISK Management Seminar

Emergencies or just bad situations can occur out in the wilderness and whether we are prepared for them (or not) can make (or break) your trip. We will discuss risk anticipation, identification, reduction and then crisis management strategies for canoe trip leaders, such as leadership, prioritization, STOP & think, evacuation planning, communication options. We will introduce Raffan's Lemon Jackpot analogy and group dynamics, with conflict resolution strategies. We will practice group brainstorming of various scenarios. Registration for a full Canoe Tripping course includes this seminar and attendance is mandatory for both INTRO & ADV certification.

May 11 Thu 7-9:30pm - RA Classroom Location: Courtside A

Register for this Seminar only: Barcode 9946 (\$5members or \$10non-members)

Full Course: LakeWater Skills

LakeWater Canoe Skills Course – Paddle Canada Tandem Introduction or Intermediate

This certification course is scheduled to provide the prerequisite skills needed for participation in the Tripping courses: INTRO & ADV Tripping candidates must have this course or equivalent skills before embarking on the May 19-22 trip. For this weekend, we will run 2 Paddle Canada instruction levels simultaneously. All participants will learn (or review) the Introductory strokes: paddle in a straight line, starts/stops, pivot, simple turns, go sideways and land at a dock as well as emphasizing basic safety, boat control, cooperation with a partner and rescue techniques.

Participants who successfully demonstrate all of the Intro level skills, will be taught Intermediate tandem strokes and manoeuvres. This level requires greater precision, refinement, control, partner cooperation, paddling in various wind and wave conditions as well as expanded hazard awareness, rescues and

emergency skills and knowledge.

The included pool session (Sat, Jun 2, 7-8:30pm Gloucester Splash) will teach canoe rescue techniques.

May 13-14 Sat&Sun 8am-5pm - Meet at the boathouse at 8am. On Water Location TBD

Registration Barcode 9875 for full LW Introduction course (\$100)

Registration Barcode 9875 for full LW Intermediate course (\$100)

Both Courses offered again: June 10-11 Sat&Sun 8am-5pm Registration Barcode 9944 (\$100)

Long Weekend Trip – May 19-22*

This trip is only open to members who register for the entire Paddle Canada Canoe Tripping certification course and is mandatory for course completion. The trip is designed to reinforce and put to practical use all that has been learned in the series of evening seminars. Participants will cooperatively organize, pack and lead this trip using all the skills they have learned. In addition to the full course cost (\$125) there will be additional trip-associated shared expenses such as food, transport, camp fees etc., (max \$100, probably less). Beginner candidates may have to invest in some basic equipment (e.g. sleeping bag).

Location: ?Grand L / Barron River Algonquin Park? **not booked - TBD – b/c group size is limited to 9**

May 16 Tue 7-9pm - Pre-trip Meeting in Boathouse (mandatory for May19-22 trip participants)

May 19-22 F/S/S/M - Long Weekend Canoe Trip – noon Fri – 8pm Mon

***NOTE: Intro level canoe trip date subject to change due to Instructor availability.**

GPS Navigation

Prerequisite: Map & Compass Essentials (Apr 25) or a basic knowledge of or previous experience with map & compass. We will cover Basic GPS skills and practice: Speed, distance, locations, waypoints. How to transpose information between GPS and map. BYO GPS if you have one. Dress for outdoor practice. This seminar is NOT included in the Canoe Tripping course but is mandatory for the Advanced level certification. Enrolment is limited to 12 participants – book EARLY!

May 25 Thu 7-9:30pm - RA Classroom Location: Courtside A

Register for this Seminar only: Barcode 9948 (\$5members or \$10non-members)

Pool Session @ Gloucester Pool - Canoe Rescue

Registration for a full course includes this session. Attendance of this pool session is mandatory to fulfill the requirements for successful completion of the May and June LW Intro & Intermediate courses as well as both Intro & Adv Canoe Tripping courses.

We will practice:

How to launch, board, debark and assist others. Swimming with lifejacket. How to capsize and rescue a canoe and its occupants. Swimming and reentry of canoe from water. Different types of canoe rescues in a controlled situation. Bring and wear your lifejacket. Wear more than just bathing suit – we suggest at least snug stretchy light shorts for modesty. Come early enough to be ready to jump in the pool at 7pm sharp!

Jun 02 Fri 7-8:30pm @ Gloucester Splash Wave Pool, 2040 Ogilvie Rd

Full Course: Standard 1st Aid & CPR

Red Cross Standard 1st Aid & CPR - 16hr

This Full 2-day 1st Aid & CPR Course is NOT included in the Canoe Tripping course but is strongly suggested for the Introductory level and it is a good base to jump into the more intensive Wilderness 1st Aid that is recommended for the Advanced level. Enrolment is limited to 10 participants – book EARLY!

Jun 3&4 Sat&Sun 9am-5pm Location: Red Cross HQ @ 340 Catherine St. Ottawa

Register directly with Karen before May26 at 613-823-8601 (\$85 members only & ltd to 10!)

Instructors

Coordinator (Lynette)

Schedule Seminars/Courses, Instructors/Leaders, POST to raccc.ca Training (Tripping & FW) & Calendar SHARE info to all concerned on CLOUD:

<https://docs.google.com/document/d/1-YjXlbC98FEkF8QVWqfOdS1lv77A1Oq1cdlasv1Zs5Q/edit>

https://docs.google.com/spreadsheets/d/16oyV-68yM1vsDRanqybgMF_KL0817XG45JaNPTPekZo/edit#gid=1602725762

RA: Book Locations, Coordinate postings & Barcodes

Attend Seminars to: Introduce, Outline Course, Take Attendance, Collect Payment, Assist

Instructors (PC CT certified):

Lynette Chubb 613.722.0871 lynette.canews@acrylart.ca TRIP(Adv), Equip & Packing , Pool LW

Jay Morrison 819-459-1643 jaymorrison@bell.net Map&CompEssentials, TRIP(Intro, Adv?). LW

Rob Fillion H613.737.1056 C613.218.8985 rob.canoes@rogers.com Equip&Pack, Knots?, Pool? No trip

Dot Bonnenfant 819-827-9081 dotb@magma.ca Pool, TRIP(Intro)? Stoves?!, Equip/pack? LW

Peter Kasurak 613-824-9450 peterkasurak@rogers.com Adv Leadership & Risk Mgt

John Cuddihy 613-761-9702 cuddihy@fastmail.fm TRIP Intro?? Pool +?, LW

Mark Scott 613-296-6311 mscott6045@rogers.com POOL lead, LW, A/V Equip

Karen Hurd 613-823-8601 kehurd@sympatico.ca 1st Aid no CT or LW this yr

(Not CT) Emil Laurin 613.716.1305 emil.laurin@fastmail.com support, LW

Seminar Leaders:

Nigel Ward (613) 435-6899 wilderness_navigation@yahoo.ca nigelward@rogers.com Adv Nav

Gerry Godsoe 613-834-3418 macn.godsoe@rogers.com gerry.godsoe@gmail.com GPS Nav

Michele Baddoo 613-724-8636 michelema44@hotmail.com Trip leadership, Food

Helena Anderson helena.anderson@live.se Trip leadership

Suzanne Chalifour 613 618 5926 suze.redux@hotmail.com Food, Sea Kayak

Paul Hughes 613-853-8823 hughespauln@gmail.com club orientation

Henry Nur 613-523-6694 nur.henry@gmail.com club orientation

Seminar Lead + Assistants (Head Instructor/Leader will coordinate with Assistants) are:

Michele & Helena Apr 12 Wed 7-9pm - Trip Leaders Seminar

Jay + ? Apr 25 Thu 7-9:30pm - Map & Compass Essentials

Nigel + Lynette +? Apr 28 Fri 7-10:00pm - Adv Navigation Part 1of2 Class

Nigel + Lynette +? Apr 29 Sat 9-5pm all day - Adv Navigation Part 2of2 Field Exercises

Lynette + Jay May 2 Tues 7-9:30pm - PACKing + Repair & 1st Aid Kits

Michele & Suzanne May 4 Thu 7-9:30pm - Camp FOOD, Hygiene, Stoves & Water

Paul H & Henry May 5 Fri 7-9pm - Boathouse Orientation

Lynette + ? May 9 Tue 7-9pm - KNOTS Night

Peter + ? May 11 Thu 7-9:30pm - Trip Leadership & RISK Management

Mark + Karen? May 13-14 S&S 2 days – PC LW Skills Tandem Introduction

Dot + Lynette? May 13-14 S&S 2 days - PC LW Skills Tandem Intermediate

Lynette & John ? May 16 Tue 7-9pm - Pre-trip Meeting in Boathouse

John & Dot? May 19-22 F/S/S/M – PC CT Intro 4-day Trip - Grand

Lynette & Jay May 19-22 F/S/S/M - PC CT Adv 4-day Trip - Barron Canyon

Gerry + ? May 25 Thu 7-9:30pm - GPS Navigation

Paul H & Henry May 26 or May 5 Fri - Boathouse Orientation

Mark + Lynette, John? Dot? Jun 02 Sat 7-8:30pm Pool Session @ Gloucester Pool

Karen + Meaghan Jun 3,4 Sat/Sun 8:30-5pm RC Std 1st Aid @ RC HQ

Mark + Karen? Jun 10-11 S&S 2 days – PC LW Skills Tandem Introduction

Dot + Lynette? Jun 10-11 S&S 2 days - PC LW Skills Tandem Intermediate