



Canoe Fit North



Paddle Canada Moving Water & Canoe Tripping Skills Course

Where: Missinipe (Barker Lake area) on the Chuchill River August 10, 11, 12th

Registration Fee: \$50.00 (cheques to NSCRD). Covers your manual, Paddle Canada membership/ certification,) 8 participants maximum.

Target: Youth and adults 16+. Paddle Canada is national wide canoeing organization that offers skill and instructors certification. By taking this course you will gain knowledge of moving water and canoe tripping skills. This is also the first step to being a certified and insured instructor to take kids and other adults on courses and trips in the North. Perfect for guides, physical & outdoor education, recreation workers and summer camps. **Prerequisite for your enrollment in the instructors course.**



Paddle Canada Lakewater Instructors Certification

Where: Air Ronge Marina Sept 10, 11, 12th Tentatively booked

Registration Fee: \$ 75.00 (cheques or pay online to Paddle Canada with the course registration number. Covers your manual, Paddle Canada membership/ certification, canoes, paddles, lifejackets if needed). 4 participants maximum.

Target: Youth and adults 16+. By taking this course you are a certified and insured instructor to take kids and other adults on Lakewater courses and trips in the North. Perfect for guides, physical & outdoor education, recreation workers and summer camps. **Mandatory for many school divisions and municipalities to have this certification as a leader.**

If you are interested or know some one in your community interested then please contact your CRC or Gabriel Thompson, Program Manager for Sport & Recreation (306) 425 3127 Ext 4 or email gthompson@nscrd.com no later than 12pm Friday August 6th with your registration form complete and payment made. Fax to (306) 425 4036. If minimum registration is not meet the course will be cancelled. Northern Sport, Culture and Recreation District, P.O. Box 1097, La Ronge, SK S0J 1L0 Visit us at www.nscrd.com and get your registration papers here too.

Canoe Fit North Registration Form

Paddle Canada Moving Water & Canoe Tripping Skills Course

August 10,11,12 in Missinipe, Churchill River, SK

REGISTRANT INFORMATION:

Name: _____

Gender: M or F Language(s): _____

Address: _____

Town Prov Postal Code

Phone: _____ Cell Phone: _____

Email: _____

Registration Fee sent to NSCRD (most be paid by Friday Aug 6): \$ Yes No

Paddle Canada Lakewater Instructors Certification

September 10,11,12th at the Air Ronge Marina, SK

REGISTRANT INFORMATION:

Name: _____

Gender: M or F Language(s): _____

Address: _____

Town Prov Postal Code

Phone: _____ Cell Phone: _____

Email: _____

Registration Fee sent to Paddle Canada (you need the course number): \$ Yes No

| |
|--|
| FOR OFFICE USE <input type="checkbox"/> Paddle Canada waiver & payment <input type="checkbox"/> Fitness sheet |
| DATE: _____ <input type="checkbox"/> Registration Form Complete |

**FAX BACK WITH PAYMENT TO NSCRD BY FRIDAY AUGUST 6TH
12:00PM FAX (306) 425-4036**

Participant Information and Payment

Please respond to all questions prior to the Friday Aug 6th via e-mail or fax.

1. Name: _____ Course Title: _____
Date: _____ email: _____
 2. Phone#: _____
 3. Emergency Contact (s):
Name _____, Phone _____
e-mail: _____
 4. Hospitalization Number: _____,
Treaty # _____ State/Province: _____
 5. Family Doctor: _____ Phone _____
 6. Medical History: (relevant surgery, conditions, medication, injuries, illnesses):
-
-

7. Allergies (food, medication, insects etc.): _____
8. Can you Swim 200m continuously? _____
9. Can you tread water for 5 minutes? _____
10. Are you physically able to carry a 40 pound pack or a 70 pound canoe for 100 meters? _____
11. Are you physically able to walk on uneven and slippery terrain? _____
12. Do you have any existing injuries or conditions that will influence your ability to participate in this course? _____, Explain: _____
13. How would you describe your canoeing skill in moving water?
___ no experience ___ some experience ___ lots of experience
14. How would you describe your canoeing tripping skills?
___ no experience ___ some experience ___ lots of experience
15. Do you want to move on to your instructors after this course?
___ yes ___ no
16. Have you taken skill course before in canoeing? ___ yes ___ no
If so, what _____ and who was the instructor _____ on what days _____.

I recognize that I have completed this document accurately and to the best of my ability. I also recognize that I am fully responsible for my physical well being while participating in this course. In addition, I am aware that I must sign a Paddle Canada liability waiver form prior to participation in this course.

Signature: _____ Date: _____

Canoe Course Gear List

Note: Avoid cotton clothes (at most one T-shirt). Plan to use your gear in a rugged environment and around a camp fire. Plan to be warm when wet... poly, fleece, nylon, wool, materials are best. Plan to paddle rain or shine (except for lightening or severe storms). Plan to dress in layers (base layer, insulating layers, and outer shell layers), so you can adjust for all weather conditions. Water proof all gear. If you have questions please ask.

1. **Pack: water proof canoe pack or barrel, or backpack/duffel with contents water proofed**
 2. "10 Essentials": match/lighter(**), fire starter(**), small pocket knife(**), whistle(**), orange garbage bag(**) or emergency foil blanket(**), water bottle, high energy emergency snacksx (**), sunglasses, sunscreen/lip stuff, small flashlight or headlamp, small personal first aid kit, compass(T), maps (*), small amount of duct tape or repair material,
 3. Clothes: 2 sets, one used for paddling and one kept dry for around camp in the evening, plan for all types of weather (hot/sunny, cold and rainy)
 - a. Base Layer: top and bottom (long johns and shirt), wicking poly material
 - b. Underwear: Preferably not cotton (perhaps use swimming suit)
 - c. Swim wear: used during canoe rescue drills, wet suit optional, tight light clothes to trap heat can be used, small towel
 - d. Pants: light quick dry nylon or poly
 - e. Shirt: general use, long and short sleeved, synthetic, wicking/quick dry material
 - f. Insulating Layers: top and bottom, wool, fleece, synthetic, (multiple thinner layers)
 - g. Head Wear/Neck Wear: hat, toque, neck warmer
 - h. Hand Wear: mitts or gloves
 - i. Outer Layer: rain jacket with hood, rain pants, light wind breaker jacket
 - j. Foot Wear: socks, sturdy shoes, sturdy sandal (closed toe best), (one pair will be wet for entire course)
 4. Sleeping Bag: (or warm blankets), pillow case to stuff with extra clothes for pillow
 5. Sleeping Pad: closed cell foam or self inflatable
 6. Toilet Kit: toilet paper, tooth brush, small amount of unscented biodegradable camp soap, personal items (no scented soaps, perfumes, shampoo, deodorants, etc.) alcohol hand wash
 7. Food Related: Bowl, cup, spoon, fork, knife (durable, not disposable), water purification, your own cooking pots and stove with fuel or grill for over the fire.
 8. **Food: 3 days and 2 nights.** (2 breakfasts, 3 lunches, 2 dinners - excluding breakfast 1st day and dinner last day these meals are on your own). We will be in the bush camping up the on Churchill River so have lots of high energy easy to prepare camping food.
 9. Extra Set of clothes kept dry for around camp in the evening (as mentioned above)
 10. Other items: fishing gear and valid license, waterproof day pack (about 30 liter,(WW), insect repellent/bug shirt, small notebook/pencil, eye glasses with safety leash, water proof camera,
 11. **Camping: Tent**
 12. **Canoe:** suitable for course, with painters, bailer, paddles appropriate for course plus one extra, throw bag. A canoe with a prospector design is best - Old Town Discovery or similar. (If you need a canoe, paddle and pfd please contact Gabriel Thompson 306 425 3127 Ext 4)
 13. **Approved PFD(**):** good fit, whistle attached
 14. Paddle - Straight shaft Mohawk blade (bent shafts are too confusing to use in moving water).
 15. Helmet: hockey helmet will do
- (T) = important for canoe tripping course only
(*) = instructor has one you can use if you don't have one
(WW) = more important for moving water course, could be used for tripping course
(**) = items are on your person at all times during course (pocket or fanny pack)