

## Overview Lake Canoe Safety and Rescue Clinic Safety & Rescue

### Red Cross Emergency First Aid and CPR A

- > Theory
- > Introduction to Lake
- > Basic Environmental Hazards (Water/Wind/Waves, Weather) - When to get off!
- > Hypothermia & Hyperthermia (being prepared)
- > Personal Preparation (clothing, water, snacks, medications, etc)
- > Transport Canada Regulations & PC PFD Policy - Always Wear It!
- > Safe Canoe Procedures
- > Intermediate
- > Weather Information (Interpretation)
- > Exposure Aliments
- > Accident Prevention
- > Communication & Leadership & Transport Canada Requirements
- > Principles of Effective Rescues & Organizations
- > First Aid Kit
- > Advanced
- > Personal Survival Gear
  
- > Practical
- > Rescue Procedures (TARETHROG = talk/reach/throw/row/go)
- > Empty a Swamped Canoe at Shore or Dock
- > Canoe over Canoe
- > Canoe Tows
- > Rafting Rescues
- > Throw Bag Use
- > Intermediate
- > Signals: Paddle & Whistle
- > Deep Water Exits & Swimming Canoe to Shore
- > Towing Canoe and Swimmers
- > Assisting Swimmers into Rescuers Canoes
- > Advanced
- > Canoe over Canoe with Day Tripping Gear
- > General
- > Stable Rescue Stance (at each level participants should be aware of
- > their body and boat position with relation to Personal Safety, the Canoe
- > Stability, Position of Canoes and Swimmers)
- > Communication (between bow and stern rescue paddlers as well as between
- > rescuer and victims)
- > Manoeuvres
- > Positioning of Safety Boat
- > Capsizing
- > Paddle & Equipment Recovery
- > Boat Recovery
- > Emptying a Canoe
- > Victim Recovery
- > Throw Bag Practice
- > Knowledge
- > Lake Safety and Rescue Equipment
- > Transport Canada Regulations
- > Outfitting a Canoe for Safety and Rescue
- > Understanding Limitations
- > Regional and National Safety and Rescues Resources