

Whitewater Canoeing Trip Sample Planning Outline

NOTE: Be sure to adhere to Scouts Canada's Camping/Outdoor Activity Guide, www.scouts.ca

Session _____

Research

- find out about the area where the out-trip will occur (routes, portages, classification of rapids)
- investigate necessary permits for your trip (Tour Permit, camping application)
- assess the distance to be covered
- inquire about campsite availability
- locate the nearest hospital or communication post
- decide on entrance and exit points and pick-up sites
- investigate alternate routes
- assess the knowledge and experience of each of the participants.

Additional Resources: Internet, library books, maps, park rangers, Scouts from the area

Session _____

In-Depth Planning

- set out a budget
- get permission forms ready
- discuss equipment needed and whether to buy, borrow, or rent
- discuss transportation for participants and equipment to and from the adventure
- identify the skills and training required.

Session _____

First Aid

Participants **must** know about:

- the essential items in a first aid kit and an emergency kit
- the signs, symptoms and treatment of:
- hypothermia, heat exhaustion, heat stroke, dehydration and sun burn

** groups can also complete a St. John Ambulance course (standard or emergency) as part of their preparation.

Additional Resources: St. John Ambulance First Aid Book, The Fieldbook for Canadian Scouting, Ch. 13

Session _____

Equipment

- discuss different types of canoes and which shape and material is right for your trip
- plan to rent or borrow the canoes and paddles needed
- look at a canoe repair kit and go over basic repair techniques
- ensure that all other safety equipment is accounted for: whistles, bailers, painters, extra paddles, throw lines, grab loops, pulley and rope systems, helmets
- discuss the usage of buoyancy and ensure that canoes are appropriately equipped
- discuss standards for PFDs, care and appropriate sizing
- discuss the use, maintenance and repair of group equipment.

Additional Resources: local outfitter

Session _____

Nutrition & Menu Planning

- discuss calories needed for canoeing and the types of food that can provide this energy
- talk about major considerations for menu planning (freshness, convenience, price)
- plan a menu
- talk about food packing and storage.

Session _____

Cooking

- investigate stove options and other cooking techniques
- practise using stoves or other and try out new recipes
- make a duty roster for cooking and cleaning.

Additional Resources: nutritionist, local outfitters, The Fieldbook for Canadian Scouting, Ch.4

Session _____

Canoeing Skills

- participants should be able to perform the following strokes: forward, backwards, J stroke, pry, draw, powerstrokes, high & low braces
- practise the following manoeuvres: forward and reverse straight lines, turning, sideslips, eddy turns, peelouts, ferries
- practise portaging the boats you will be travelling with (solo or tandem), if necessary.

Session _____

Canoe Safety Skills

Participants should be able to perform the following skills and understand their uses:

- accurate line tosses
- canoe over canoe rescue
- emptying a swamped canoe.

Session _____

Navigation

- practise map reading skills and using a compass
- discuss scale and contours and how to assess the length and difficulty of portages
- talk about techniques for weather interpretation
- discuss how to read moving water, if necessary.

Additional Resources: your local canoeing association, CRCA, The Fieldbook for Canadian Scouting, Ch.12

Session _____

The Trip Environment

- discuss the philosophy of “A Leave No Trace” camping and canoeing
- review campsite selection
- review techniques for washing and the disposal of grey water
- discuss disposal of garbage
- discuss disposal of human waste
- explore options in water purification.

Additional Resources: The Fieldbook for Canadian Scouting, Ch.7

Session _____

Personal Equipment/Packing

- discuss the type and amount of clothing for your trip
- determine the necessity of waterproof or quick dry clothing
- organize sleeping bags, flashlights and other personal Agear
- discuss and practise methods of waterproofing
- outline canoe trimming techniques.

Session _____

Risk Management

- identify any potential emergencies and discuss appropriate responses
- set out a Plan B for your canoeing route
- discuss your Aaction plan or who will take on what role in case of an emergency
- decide on contingency plans for communication
- collect Physical Fitness certificates for all participants
- make an official trip itinerary and share it with people at home
- all of the additional information for a complete Emergency plan (page 11 in Fieldbook).

Additional Resources: The Fieldbook for Canadian Scouting, Ch. 2

Recommended Internet Resources:

- www.gorp.com : for trip ideas, information on gear, books and maps
- [ww.melborponsti.com/scouts/](http://www.melborponsti.com/scouts/) : for recipes
- www.lnt.org :for leave no trace information
- www.sacsingles.com : for general information about camping skills
- <http://camping.miningco.com/travel/camping> : for camping information
- www.trailstuff.com : for books on a wide range of subjects
- www.crca.ca/CRCACore.cfm