

# Flatwater Canoeing Trip

## Sample Planning Outline

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

### Session \_\_\_\_\_

#### Research

- find out about the area where the out-trip will occur (routes, portages, moving water, weather)
- investigate necessary permits for your trip (Tour Permit, camping/hiking 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, rent or borrow
- 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 sunburn
- \*\* 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
- discuss standards for PFDs, care and appropriate sizing
- discuss the use, maintenance and repair of group equipment.

*Additional Resources:* local outfitters

### Session \_\_\_\_\_

#### Canoeing Skills

- participants should be able to perform the following strokes: forwards, backwards, J stroke, pry, draw, braces
- practise the following manoeuvres: forward and reverse straight lines, turning, and sideways displacement
- discuss and practise how to angle the canoe to travel in a strong wind
- practise portaging the canoes 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.

*Additional Resources:* your local canoeing association, CRCA

Session \_\_\_\_\_

**Personal Equipment/Packing**

- discuss type and amount of clothing for your trip
- organize sleeping bags, flashlights and other personal gear
- list all personal hygiene items required
- discuss and practise methods of waterproofing
- outline canoe loading techniques and weighting for different wind conditions.

Session \_\_\_\_\_

**Risk Management**

- identify any potential emergencies and discuss appropriate responses
- set out a Plan B for your canoeing route
- discuss your action 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

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 \_\_\_\_\_

**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 \_\_\_\_\_

**Navigation & The Environment**

- practise map reading and compass skills
- 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
- identify wildlife and poisonous plants that you may encounter and discuss how to avoid or deal with them (ie. raccoons, bears).

**Recommended Internet Resources:**

- [www.gorp.com](http://www.gorp.com): for trip ideas, information on gear, books and maps
- [www.melborponsti.com/scouts/](http://www.melborponsti.com/scouts/) : for recipes
- [www.lnt.org](http://www.lnt.org): for leave no trace information
- [www.camping.sacsingles.com/](http://www.camping.sacsingles.com/): for general information about camping skills
- <http://camping.miningco.com/travel/camping/> : for camping and backpacking information
- [www.trailstuff.com](http://www.trailstuff.com): for books on a wide range of subjects
- [www.crca.ca/CRCACore.cfm](http://www.crca.ca/CRCACore.cfm)
- [www.ccg-gcc.gc.ca/obs-bsn/sbg-gsn/main.htm](http://www.ccg-gcc.gc.ca/obs-bsn/sbg-gsn/main.htm): for Coast Guard Rules

