

# OSDSS Canoe Trip Participant Record of Training (pre-trip)



**Test Location:** OEC/OSDSS

**Date Administered:** 1 May 2018 (Canoe training)/Meetings

Gregg Mackay/Fred  
Schlenker

every Tuesday in April

**Teacher(s) in Charge:** Lucy Hilts

1. Gregg Mackay – ORCKA CT1 Instructor

**Principal:**

2. Deb Diebel – ORCKA CSP Instructor/NLS

	<b>Canoe Training – As per CIPHEA Guidelines and ORCKA CT1.</b> Students to be trained in the following skills prior to participating	<b>Additional training</b> (May be done at canoe training or at meetings)
1	Lifts, Carries, Portage	Severe Weather Instruction
2	Launching a canoe	Environmental Preparedness
3	Proper Entry and Exit	Environmental/Sanitary Practice
4	Paddler and Gear Position	Concussion Training
5	360° Pivot two ways	Suitable Clothing
6	Draw and Pry Strokes	Canoe equipment and repair
7	Sweep Stroke	Camping skills and safety
8	Forward / reverse strokes	Environmental concerns
9	Synchronization of strokes	Compass and Map reading
10	Stopping	Trip route/itinerary
11	Paddling forward -Straight	Food – Nutrition, packing, prep
12	Sideslip	Obtaining safe drinking water
13	Circles – 10m radius 2way	Tent, pack and gear inspection
14	Landings – Shore and dock	Wildlife safe practices
1	1-stroke, Stern draw/pry	
2	Canoe over canoe rescue	
3	Self-Rescue	

**ORCKA Instructor** Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Teacher(s) in Charge** Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_