



## SLS Water Activity Training



### Water Activity Training Course

For leaders planning day or camp activities in or near the water in an otherwise unsupervised swim area (e.g. swimming activity or as part of a camp), day canoe activities or canoe trips. **Note: This course has 3 training sessions: classroom, pool, canoe trip.**

**Dates:**       **Saturday April 10, 2010** (classroom session, followed by a pool session in early evening), & **Weekend canoe trip** – date to be decided during classroom session (Saturday/Sunday overnight trip)

**Time:**       Classroom session: registration starts at 8:45am,  
Training runs from 9:00am to 3:00pm.  
Pool session: following classroom session in early evening

**Where:**       Scout Hall, Pine St., Newmarket

**Cost:**         \$25 (includes pizza lunch)

**Who can come:**   Open to leaders and mature youth members

**What to bring:**

Classroom session - notebook/pen

Pool session -       swim suit, towel, PFD and a *pair of long pants and shirt to swim in!*

...

Pizza lunch will be provided Saturday or bring a bag lunch.

The second part of this training requires an overnight canoe trip. Details will be discussed at the Saturday session.

**How to register?** Contact Rick Jones or use the online registration on the SLS website, <http://www.slsscouting.ca/pg/training/RegistrationFormA.htm>

Deadline for registration is April 2, 2010.

Rick Jones  
Deputy Area Commissioner, Volunteer Development & Training  
274 Britannia Ave, Bradford, Ontario L3Z 1A7  
Phone: (905) 775 9245 e-mail: amknot@rogers.com



# SLS Water Activity Training



## Water Activity Training Course Outline:

### LEVELS:

**Swimming** - Intended for Leaders planning to run **Swim Times** as part of a camp or outing, in an otherwise unsupervised swim area. This includes basic water safety, regulations, hypothermia, and rescue techniques.

*Requires **Classroom and Pool Sessions**.*

**Canoe Basic** - Intended for Leaders planning to take youth out in **Canoes for Day Activities** only; not overnight or on extended distances. This includes basic water safety, regulations, hypothermia, rescue techniques, trip planning, environment, canoe rescue skills, and basic canoe skills.

*Requires **Classroom, Pool, and Pond Sessions**.*

**Canoe Tripping** - Intended for Leaders planning to take youth on **Canoe Trips of 2 Nights or Less Duration**. This includes basic water safety, regulations, hypothermia, rescue techniques, trip planning, environment, canoe rescue skills, and canoe skills.

*Requires **Classroom, Pool, and Trip Sessions**.*

**Canoe Wilderness** - Intended for Leaders planning to take youth on **Canoe Trips of 3 Nights or Longer Duration**. This level is achieved by special evaluation of those with extensive canoe tripping experience.

### COURSE PRE-REQUISITES:

- 1) A valid St. John Ambulance (or equivalent) Standard First Aid and CPR Heart Saver certificates are highly recommended.
- 2) A responsible and cautious approach must be demonstrated.
- 3) Knowledge of the Water Activity Leader's responsibilities must be demonstrated.

### COURSE SYLLABUS:

#### Pool Session:

- HELP position - HUDDLE position
- SELF rescue - Tread water
- Swim 25 meters, any style - Swim 25 meters, legs only
- Demonstrate rescue assists (reaching, throwing & towing)
- Rescue an unconscious and non-breathing victim
- Enter and Exit a Canoe - Canoe over Canoe Rescue

#### Classroom:

- Introduction and registration - Overview of Regulations
- Leadership - Hypothermia
- Environment - Risk Management
- Canoes and Equipment - PFD's and Life Jackets
- Trip Planning - Take-Home EXAM

#### Trip Session:

- One weekend, overnight trip including- Carrying a Canoe - Getting a Canoe in/out of water
- Enter and Exit a Canoe - Paddling techniques, portaging, camping, etc.

**When?** Classroom session: Saturday April 10, 2010, Scout Hall Pine St., Newmarket

Pool session: Saturday April 10, 2010, evening of classroom session

Trip: to be discussed during the Classroom session

**Registration:** \$25 for Pool/Classroom session, contact Rick Jones, DAC Training to register