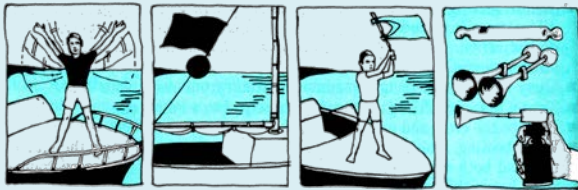


Safety on the Water

- The skipper must keep a very good look out by sight and hearing at all times to be fully aware of the environment around them.
- Walk canoes around obstacles, such as low bridges.
- Approach the wash of a power boat by turning the bow or stern as close to 90° to the wash as possible.
- When capsize occurs, always ensure that all crew are safe before gathering gear. Always stay with the canoe.
- Wave both arms up and down to attract attention if assistance is required.



Canoe Repair Kit

- Extra paddle
- Torch (waterproof)
- Duct tape
- Long length rope
- Tomahawk
- Personal First Aid Kit



NB: A fibreglass canoe must be clean and dry before undertaking repairs.

Planning an Expedition

- The expedition leader must complete all sections of the Activity Notification Form.
- The activity leader must check each canoe is in good condition prior to use.
- All necessary maps and charts must be carried.
- A minimum of 3 canoes or 5 kayaks must be on any journey.
- At least one crew member must be qualified in First Aid.
- The holder of a current Boating Certificate (Level II or higher) must be in control of each canoe.
- The expedition leader should travel in the last canoe.
- Always let somebody know where you are going and your estimated time of arrival.
- Use barrels or dry sacks when packing gear into a canoe and ensure the boat is balanced.
- When canoeing at night show a white light.
- Boats should be checked by the leader in charge before each activity.
- Foam is the preferred material for buoyancy and should be capable of keeping the canoe afloat while capsized and full of water.

GREATER WESTERN SYDNEY



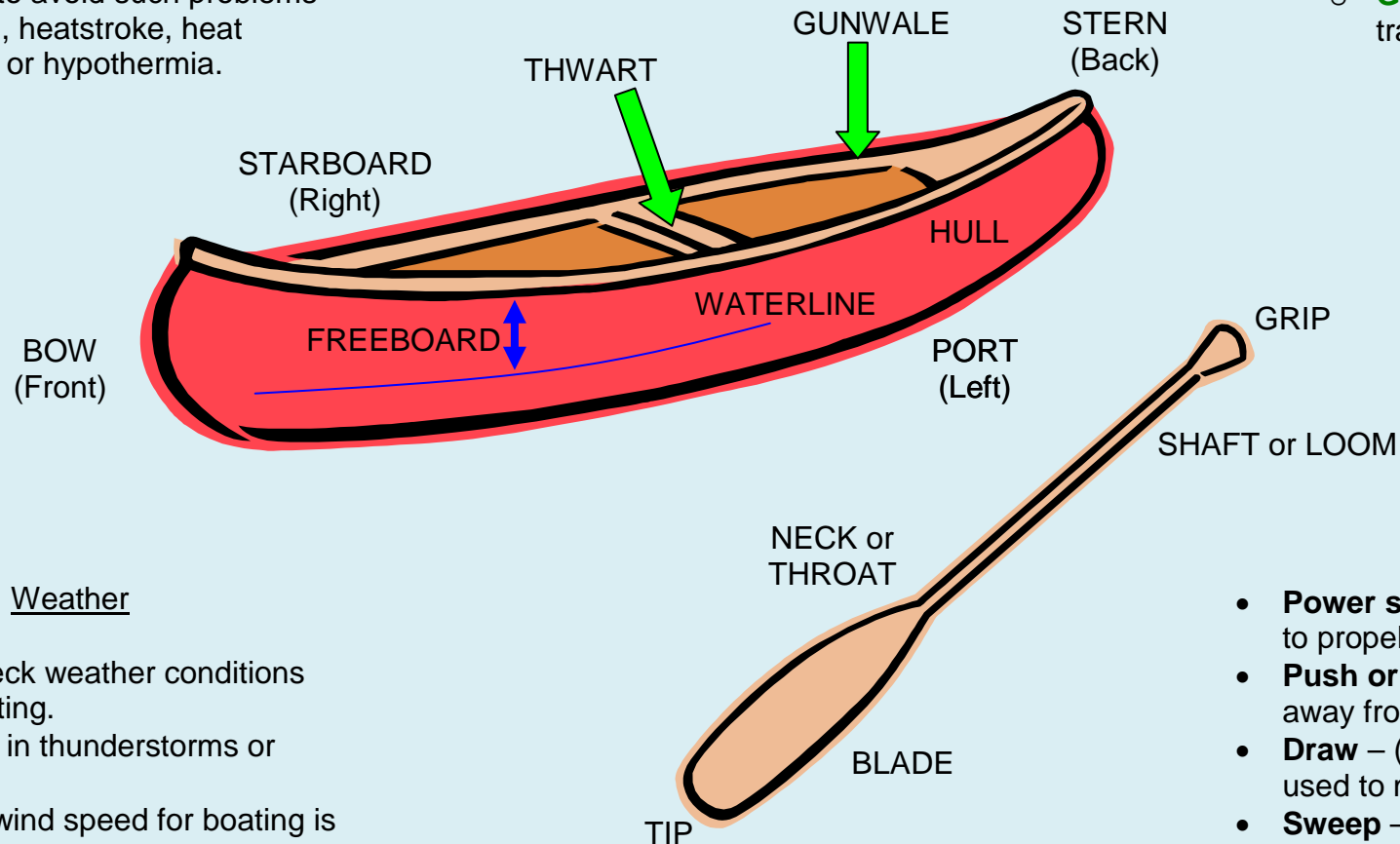
Boating Certificate Information Handout

CANOEING

ON THE WATER!

Personal Gear

- Enclosed shoes and a PFD must be worn in a canoe at all times.
- A light-weight, long-sleeved shirt and long pants are advisable whilst on the water.
- Drink plenty of water to avoid dehydration.
- Be prepared for all weather conditions to avoid such problems as sunburn, heatstroke, heat exhaustion or hypothermia.



Rules for Boating

- Stick to the right hand (starboard) side of the river or channel.
- Steer to starboard to avoid other craft.
- Canoes give way to all other craft.
- Raft up to cross large rivers.
- Channel markers – cone shaped
 - **Red** – keep on **left** when travelling upstream
 - **Green** – keep on **right** when travelling upstream



Weather

- Always check weather conditions before boating.
- No boating in thunderstorms or high winds.
- Maximum wind speed for boating is approx 10 knots.
- Tides change every 6 hours. Water is faster halfway between tides.

Strokes

- **Power stroke** (forward stroke) – used to propel a canoe forward
- **Push or pry** – used to push a canoe away from the paddle side
- **Draw** – (reverse of the push stroke) used to move closer to the paddle side
- **Sweep** – used to make a sharp turn
- **“J”** – used only when paddling in the stern to paddle in a straight line
- **Trail** – used to correct direction