

## guidelines for wca trips

- It is the function of the Outings Committee to arrange and publish in Nastawgan a schedule of trips and related events, organized by members of the WCA.
- All trips should have a minimum impact on the environment. Trip organizers may:
  - limit the number of canoes (or participants) permitted on a trip.
  - advise on the type of equipment and camping techniques used.
- Participants should:
  - follow the booking dates established by the organizer.
  - inform the organizer promptly if they cannot make the trip.
- Food, transportation, canoes, camping equipment, partners, etc., are the responsibility of each participant. Organizers may assist in these areas, particularly in the pairing of partners.
- Participants are responsible for their own safety at all times, and must sign a waiver form. Organizers should return completed waiver forms to the Outings Committee.
- Organizers receive the right to:
  - exclude participants who do not have sufficient experience for the trip.
  - exclude any canoe deemed unsafe.
  - make any arrangements necessary to ensure safety of the group.
- In the event that on a trip organized by the WCA an accident occurs, or any potentially dangerous situation arises, the Outings Committee must be informed.
- Solo canoeists and/or kayakers are permitted on trips at the discretion of the organizer.
- Non-members are permitted to participate in no more than two trips. Educational trips are for members only.
- Organizers should give a brief description of the trip to the Outings Committee and, where possible, write a short article on the trip (or arrange to have it done) for publication in Nastawgan.

## canoe safety rules

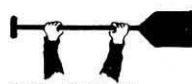
The need for these safety rules will vary with the time of year and the type of trip. They are to be applied at the discretion of the trip organizer.

- Paddlers will not be allowed on a trip without:
  - a flotation jacket that can be worn while paddling.
  - a canoe suitable for the trip.
- Paddlers should bring:
  - spare clothing, well waterproofed.
  - extra food.
  - matches in a waterproof container.
  - spare paddles, bailer, and a whistle.
  - material to repair the canoe.
- On trips when the air and water temperatures are cold, a wetsuit is recommended.
- The signals on WCA river trips should be known by all participants.
- When running a section of river with rapids:
  - canoes may be asked to maintain a definite order.
  - each canoe is responsible for the canoe behind.
  - signals should be given after finishing a rapid (when appropriate), and canoes positioned below the rapid to assist in case of trouble.
  - canoes should keep well spaced.
  - each canoe should be equipped with ropes which can be used for lining and rescue.
- The organizers' decisions on all trips are final.

### SIGNALS



difficult - use own judgment



danger - do not run



all clear - with caution

## trip ratings

The trip ratings presented below are intended as a general guide. For a detailed description of a WCA trip, the trip organizer should be contacted.

### WHITewater TRIPS

The rating of whitewater trips will be determined generally by the difficulty of the rapids; however, water temperature, time of year, length and remoteness of the trip could also influence the overall rating.

SKILL LEVEL	RIVER CLASS	RIVER CHARACTERISTICS
<p><b>Beginner</b> Feels comfortable in canoe and is proficient in forward and steering strokes.</p>	0 (Very Easy)	Moving water with no rapids. Some small riffles. Wide passages.
<p><b>Novice</b> Can perform draw, pry, and sweep strokes; and is able to side-slip and to backpaddle in a straight line. Can enter and exit from a mild current. Recognizes basic river features and hazards.</p>	I (Easy)	Some small rapids with small waves and few obstacles. Course easy to recognize. River speed is less than backpaddling speed.
<p><b>Intermediate</b> Is proficient at all basic whitewater strokes. Can execute front and back ferries and eddy turns in a moderate current. Understands leaning and bracing techniques. Is able to select and follow a route in Class II water. Knowledgeable of river hazards, safety, and rescue procedures.</p>	II (Medium)	Generally unobstructed rapids with moderate eddies and bends. Course usually easy to recognize, but scouting from shore may be necessary. River speed occasionally exceeds hard backpaddling speed. Waves up to 60 cm high. Some manoeuvring necessary.
<p><b>Advanced</b> Is able to ferry and eddy turn in strong currents, and has effective bracing strokes. Can select and negotiate a course through continuous rapids. Can paddle solo or tandem. Is able to self-rescue, aid in rescuing others, and knows safety procedures thoroughly.</p>	III (Difficult)	Numerous rapids with high, irregular waves often capable of swamping an open canoe. Route often requires complex manoeuvring. Current usually less than fast forward paddling speed. Course might not be easily recognizable. Scouting required.
<p><b>Expert</b> Has complete mastery of all strokes and manoeuvres, and can apply them with power and precision in turbulent water. Recovers quickly in unexpected and dangerous situations. Can read complex water patterns and knows how they will affect his/her boat. Exhibits good judgment and has full competency in safety and rescue techniques.</p>	IV (Very Difficult)	Long, difficult rapids that often require precise manoeuvring. Turbulent crosscurrents, powerful eddies, and abrupt bends. High, irregular waves with boulders directly in current. Course difficult to recognize. Scouting mandatory. Rescue difficult. Generally not possible for open canoes.

### FLATwater TRIPS

flatwater trip ratings will be determined by remoteness, length, and pace of trip; and the length, number, and ruggedness of portages. It is important to remember that cold water and strong winds on large lakes can create conditions dangerous for any canoeist, no matter how skilled or experienced.