



NATIONAL PADDLING WEEK

LA SEMAINE NATIONALE DU PAGAYAGE

WWW.PADDLEWEEK.CA



AdventureSmart



Get informed & go outdoors!

PADDLESMART

RECREATIONAL PADDLING SAFETY

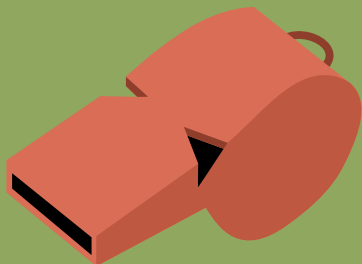


PADDLESMART

RECREATIONAL PADDLING SAFETY



Trip Planning



Taking the
Essentials

THE
3 Ts



Training

Learn on land. Be safe in the water.

PaddleSmart is a free, activity-based presentation for new paddlers of any age, wanting to learn about water and paddle sport safety. Whether you are new to paddling or you have lots of experience, PaddleSmart is a good fit for those interested in learning about how to be safer out there by being aware and being prepared.

[Go to paddlesmart.net](http://paddlesmart.net) for details

AdventureSmart



Get informed & go outdoors!



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PADDLE
CANADA
PAGAIE
CANADA

rapidmedia

WE PADDLE. WE CARE.™

We dropped a canoe 100 feet from the top of a building and could still paddle it home, “that’s TuffStuff”



With the demise of Royalex in 2014, the canoe industry changed and Nova Craft set out on a mission to find a suitable replacement material that would produce super strong, lightweight canoes. After consulting with a materials research lab and conducting extensive in house testing, we introduced TuffStuff.

Using Basalt and Innegra fibres combined with rubber infused resin in our proprietary layups, TuffStuff canoes offer unsurpassed impact resistance in a hull that is both stiffer and lighter than Royalex.

Check out our YouTube channel to see the full story. We think you'll agree, “That’s TuffStuff”!



NOVA CRAFT CANOE.

Connect with us!



NOVACRAFT.COM

1-866-88 CANOE

TRIP PLANNING



KNOW THE MARINE ENVIRONMENT AND CONDITIONS

- Weather forecasts, wind speed and direction
- Tide tables/currents
- Avoid wildlife conflicts
- Two is better than one
- Follow your trip plan and let someone know about changes

LEAVE YOUR TRIP PLAN WITH A RESPONSIBLE PERSON

If using the online AdventureSmart.ca trip planner, you must print your itinerary and give it to someone as this is not a monitored site.



GET THE KNOWLEDGE AND SKILLS YOU NEED BEFORE GOING OUT

Know your limit and stay within it.

- self-rescues
- buddy rescues
- navigation
- strokes
- launch & landing
- swimming
- towing

TAKING THE ESSENTIALS



LEGAL REQUIREMENTS

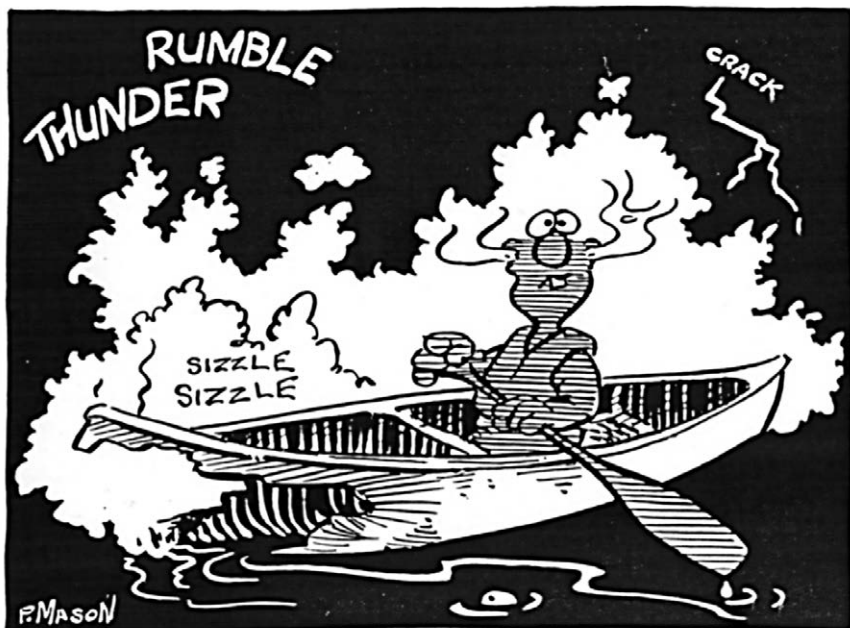
PFD or lifejacket, bailer, whistler, 15 metres of bouyant heaving line.

For short paddles

- lifejacket or PFD
- waterproof flashlight
- navigation tool (maps, gps)
- signal communication device
- water/food

If day tripping, add

- first aid kit
- emergency blanket
- food and water
- pocket knife
- extra clothing
- sun protection
- shelter
- water purification tool



ALWAYS CHECK THE WEATHER BEFORE YOU SET OUT, AND KNOW WHERE YOU CAN GET UPDATES

Environment Canada

www.weather.gc.ca/canada

- Live web reports, updates continuously.
- Reports air temperature, UV rating, severe weather and danger alerts.

The Weather Network

www.theweathernetwork.com

- Weather forecasts, maps, news and videos.
- Downloadable app available.

National Oceanic and Atmospheric Administration

www.noaa.gov

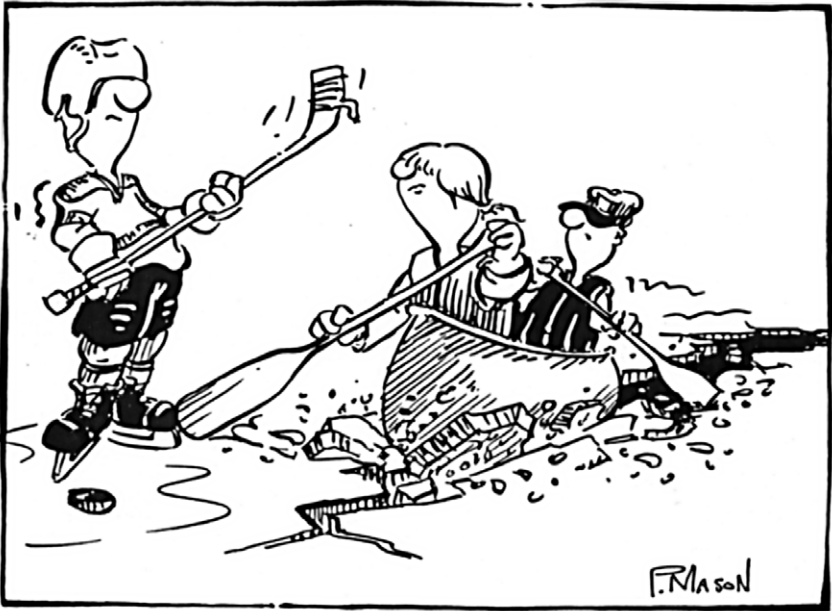
- Reports the conditions of the oceans and the atmosphere.

Weather Radio Canada

VHF frequencies between 162.400 and 162.550

- Continuously broadcasts latest observations, forecasts, and alerts.

COLD WATER/HYPOTHERMIA



1 MINUTE

of cold shock

10 MINUTES

of meaningful movement

1 HOUR

before unconsciousness

Hypothermia occurs when the body loses heat faster than it can produce it. If the body's core temperature drops too low, it will become a life-threatening situation.

Avoiding hypothermia is far easier than treatment and recovery. Prevention is the first line of defence.

- Eat frequently to ensure a constant supply of fuel.
- Hydrate—drink plenty of water. Cold air removes moisture quickly from the skin. Drink before you feel thirsty.
- Stay dry—dress in layers and adjust those layers to avoid sweating. Wear appropriate fabrics that remove moisture.
- Avoid excessive heat loss—cold requires your body to burn extra calories in an effort to warm itself back up.

DRESS FOR PADDLING SUCCESS



- Sunscreen
- Hat
- UV sunglasses + strap
- Wind/water jacket
- Shirt/shorts/pants
- All shed/wick water*

- Water shoes/boots
- Spray skirt for kayak
- Life jacket

REMEMBER: COTTON KILLS & WOOL STAYS WET

Cotton draws heat away from your body when wet and cold, cotton seals heat in when wet and hot

- Expect to get wet
- Clothing should keep you warm when wet, but not overheat you when paddling.
- Dress in layers using synthetic fabric like fleece, neoprene, and polypropylene.

Warm air & water

- Stay cool (light long-sleeved shirt), hydrated, and sun-protected.

Warm air and cold water

- Cold water sucks warmth even on hot days. Wear quick dry/wicking clothing.

Cold air and cold water

- If air and water are both cold, dress for warmth, even when wet.

Offshore /extended paddling

- Wear a neoprene suit. It insulates when wet, and doesn't get in the way of paddling.

Dry suits are designed to prevent water entering, while wet suits allow water in to act as an insulator. Dry suits are more suitable for use in cold water below 15°C (60°F) and can be uncomfortably hot in warm or hot air, and are typically more expensive and harder to get on.

RESPECT AND PRESERVE WILDERNESS



Plan ahead and prepare

- Know area regulations & concerns.
- Avoid heavy use times.
- Do not mark with rocks, cairns, flagging or paint unless in an emergency.

Travel and camp on durable surfaces

- Use established campsites, rock, gravel, dry grasses, snow.
- Walk single file in the middle of existing trails.

Dispose of waste properly

- Pack out all trash, food, & toilet paper and hygiene products.
- Use minimal amounts of biodegradable soap.
- Strain dish/wash water.

Leave what you find

- Look but don't touch - leave rocks, plants and other objects as found.
- Do not transport non-native species.

Minimize campfire impacts

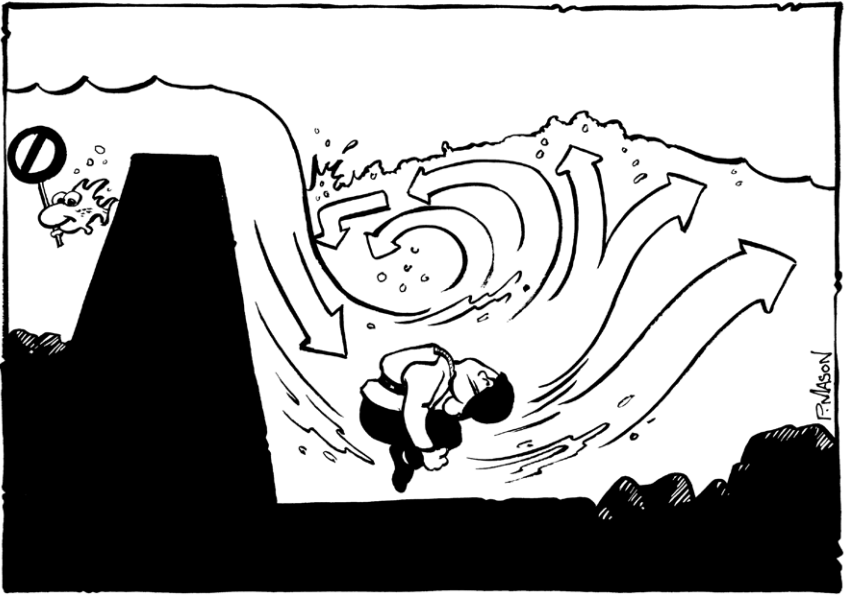
- Use a stove for cooking & candles for light.
- Where permitted, use existing fire pits/pans for small fires.
- Only use ground fall wood.
- Put out completely - burn to cool ash and scatter.

Respect Wildlife

- Observe from a distance, do not approach or feed.
- Control pets and pick up after them at all times or leave them at home.

Be considerate of other visitors

- Avoid loud voices/noises.
- Let natural sounds prevail.



MAN MADE

Hydro dams, fishing weirs.

NATURE MADE

Submerged rocks and trees.

- creates re-circulating water.
- traps and holds a bouyant object.
- debris held in the hydraulic creates more hazards.

Rescue of craft or person is extremely difficult and dangerous and is best done by professionals with training and equipment.

RIP CURRENTS

FEEDER CURRENT

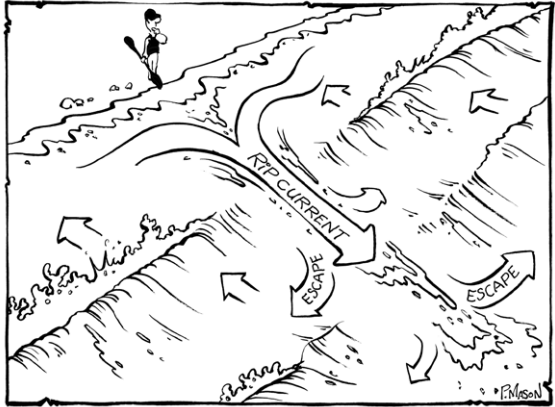
Flows parallel to shore inside the breakers.

THE NECK

The feeder currents converge and flow through the breakers in a narrow band (rip).

THE HEAD

The current widens and slackens outside of the breaker line.



Do not dive in if you see somebody caught in a rip current. Call for help, only a strong swimmer with a life preserver, and/or a board should try this rescue.

- Hazard—Danger occurs when people are pulled offshore and cannot keep their head above water/afloat and swim to shore. This may be due to any combination of poor swimming skills, fear, panic, or exhaustion.
- Rip currents are not undertows. They are horizontal current and do not pull people underwater. If you have a life jacket on you can handle this!
- Keep calm, conserve your energy, swim sideways, parallel to the beach to get out of the narrow outward current, then swim back in with the waves helping you along.
- If swimming is too hard while being dragged, wait until the current carries you to calmer water where you can get out of the rip current before heading back in.
- If you tire out, tread water, call for help, signal to people (three whistle blows) on shore.

Rip currents are strong, narrow channels of fast-moving water.

Found in Canada along coast lines and Great Lake shore lines.



IF YOU ARE SAFE

stay where you are

IF YOU ARE NOT SAFE

try to get in a safer position/place

- Stop
- Think
- Observe
- Plan

THEN ACT



"Rope!"

Be familiar with self aided rescue technique.



Never paddle alone
(but do bring enough kayaks)

SALUS



Ungava



Jazz



Capri



Proto



Torrent



100% Canadian
Made Quality

There's more to a Salus PFD than just keeping you a float...
Every Salus vest is hand crafted with quality, care and details to enhance
your performance on the water. Discover our full line at salusmarine.com
and find the vest that's right for you!

DISCOVER THE ULTIMATE IN

TOURING PERFORMANCE



ADVANCED PERFORMANCE. BUILT FOR ADVENTURE.

Whether eating up the miles on expeditions or leisurely exploring the coast, these boats do it with precision and grace. Featuring finely tuned hulls with moderate rocker, softened chines and long waterlines, these outstanding boats shine in any condition they encounter. Optimally balanced performance is what Delta's Performance Touring Kayaks are all about.



SHOWN: DELTA 17 RUDDER, CHERRY RED

MANON RINGUETTE



PADDLE IN TANDEM IN OUR ALL NEW

TRAVERSE 17.5T

The lightest, fully featured Touring Tandem on the market.

Available in our all new **AZURE BLUE**



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KAYAKS



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