

Carleton Place Canoe Club Safety Policies

CLUB SAFETY

Above all else, child safety is our utmost concern and #1 priority. As such, we take extreme care to ensure all of our members can participate in our programs in a safe and friendly environment. Coaches, staff and volunteers work hard to ensure the safety of all participants on and off the water. As well as being competent paddlers, all coaches at the club are certified through our National Coaching Certification Program (NCCP), confident swimmers and pleasure craft operator certified. We have established safety policies and ensure our coaches and staff members are fully trained on boat safety, water safety, etc. and continue to revise policies and procedures to ensure the safety of our members.

Senior staff and coaches proactively review program operations, policies and procedures, and potential safety concerns on a regular basis and take corrective action if/when needed. In addition, each member must sign a Code of Conduct Agreement as part of the program registration process. This ensures members are aware of the rules and guidelines related to safety, member conduct, treatment of others, etc. If any member is found to break these rules and guidelines, corrective action will be immediately taken and parents will be notified.

All Coaches and Officials operating a motorised water craft shall be wearing a life jacket. All Officials will wear a life jacket while being a passenger in a motorised water craft.

The following safety rules will be followed at all times:

- Paddlers must always stay within sight of coaches and safety boats.
- Paddlers are strictly forbidden to go on the water without the knowledge of coaching staff.
- Paddlers U16 and under must wear an approved PFD life jacket when practicing and when racing.
- Horseplay around dock and water is strictly forbidden. Any member caught violating this rule will be disciplined upon coaches discretion, which may include suspension from the program.

SUN PROTECTION

Remember to take these simple precautions to protect yourself from the sun's harmful rays throughout the year and to check the UV Index to determine the risks of UV exposure.

- Educate your children about the harmful affects of over exposure to the sun. Coaches and staff will continually remind our paddlers about the risks, but it takes a team to keep our members informed.
- Remember your sunscreen. Although CPCC will have sunscreen on hand, it is important that members bring their own sunscreen and re-apply throughout the day. We recommend a waterproof sunscreen (with both UVA and UVB protection) with a 30+ rating, which generally provides better protection.

- Re-apply throughout the day. Generally, sunscreen should be applied every two hours. Members will be reminded to re-apply, but it is important that parents re-enforce this message.
- Get some shade. When not on the water on days with a high UV index, members will be encouraged to spend time in the shade. At regattas, CPCC will provide a shaded canopy where paddlers can limit their exposure to the sun. Remember, over exposure to the sun is not only bad for your skin, it can also impact your performance.

COLD WATER TRAINING

While the CPCC Cold Water Policy is in effect, paddlers will only be permitted to paddle as a group during coach scheduled on water-sessions. Paddlers ARE NOT permitted to paddle from the CPCC alone while this policy is in effect. As per CKC's Cold Water Regulations and guidelines, CPCC's Cold Water Policy is in effect while water temperatures are below 8 degrees Celsius.

- It is mandatory for all paddlers to wear a Government of Canada approved PFD at all times while water temperatures are below 8 degrees Celsius
- All paddlers and training groups MUST be accompanied by a safety boat (motor boat) and within sight of the coach at all times. Paddlers are required to follow closely to the shoreline
- Coaches will consider all weather and water conditions before taking a group of paddlers onto the water, and at their discretion will determine whether or not to cancel on-water training sessions
- Coaches will carry with them a cell phone while on the water during cold water temperatures

THUNDER AND LIGHTNING

Coaches and club staff will closely monitor the weather and at the first sign of lightning all members will be directed off the water. The CPCC adheres to the 30-30 rule for thunder and lightening based on the following key policies:

- When there is 30 seconds or less between lightning and thunder, coaches and staff will direct members indoors
- Remain sheltered for 30 minutes after the last clap of thunder

For more information, [click here](#).

WATER QUALITY AND BACTERIA MONITORING

The beaches in Carleton Place and Mississippi Mills undergo routine testing to make sure the water is safe for swimming. Every Monday during the summer, public health inspection students are wading into the Mississippi River at each of the beaches in Carleton Place and Mississippi Mills to collect samples of water to ensure that the water is safe for swimmers.



Five water samples are taken from each beach and then sent to a lab in Ottawa to determine the levels of E. coli bacteria. When the geometric mean of the five samples is greater than 100 E. coli per 100 millilitres of water, the Lanark, Leeds and Grenville Health Unit closes the beach.

During the periods when beaches are closed, members will be encouraged to limit their time in the water and coaches will increase dry land activities. Although some exposure to the water is unavoidable, coaches will encourage members to:

- Avoid beach areas where birds and seaweed congregate
- Avoid swimming and submersion in water for extended periods
- Wash with soap and water as soon as possible after being in the water
- Cover any cuts or scrapes with waterproof bandages and wash thoroughly after exposure to the water

Club staff will continually monitor any signs of bacterial outbreaks and disinfect equipment regularly.

COACHES AND SAFETY BOATS

Safety boats are always within sight and ready to respond. To provide a safe and secure environment for our weekly summer camp programs the ratio of staff to kids is 1:10. For all other U14 programs, the ratio of coaches to kids is 1:12. Members are all required to stay within sight of coaches and coach boats and are strictly forbidden to go on the water without coaches knowledge.