**APPENDIX 3**

***CANOEING GUIDELINES – Note- These Guidelines are at present under review***

**1.**

**Scouter’s Responsibility**: Before allowing a SCOUT to take part in any Boating / Paddling activity the Scouter-in Charge should consider the age, experience and reliability of the Scout and the ability and experience of her/himself or any other person in charge of any part of the activity.

The Scouter should always take whatever precautions that they deem a prudent parent would observe for the safety of his/her own children. It is recommended that a risk assessment be carried out prior to each activity.

**1:1** Definitions: The term ‘Canoeing / Kayaking / Paddling’ in these guidelines includes all aspects and disciplines of the sport including Kayaking, Canadian Canoeing, Canoeing, Sea Kayaking, Play Boating, Slalom, Polo, Sit on Tops, Wave Riders and another craft that is propelled in the same manor or similar to standard Kayaking

**1:2** Do not canoe if you cannot swim: Each Scout must be able to swim at least 50m in shirt, shorts and runners and then remain afloat for 2 minutes.

**1:3** Avoid injury by stretching, warming up, staying fit and developing good paddling techniques

**1:4** Do not canoe alone: ‘Less than 3 there never should be’. There must be at least 3 Scout canoes on the water at any time including a suitably qualified instructor. It is safer and better fun to enjoy your sport with other canoeists.

**1:5** A Buoyancy Aid must be worn at all times: Always wear an approved buoyancy aid (PFD – personal floatation device) when on or near water, check its floatation; make sure it is in good condition and the correct fit. Buoyancy is measured in Newton’s – 10 Newton’s equal 1kg of floatation. There are 4 European standards for buoyancy aids and lifejackets (50, 100, 150 & 275) which must all carry the CE mark. It is highly recommended that buoyancy aids are fitted with a whistle and retro reflective strips. Each Scout must wear a well-secured buoyancy aid or lifejacket at all times while afloat in a canoe - see also Rule 18 for types of buoyancy aids.

**1:6** Helmets must be worn at all times: This rule may only be relaxed on flat calm waters at the discretion of the Leader-In-Charge. In a competition, apply the rules of that competition regarding helmets.

**1:7** Spraydecks must be worn on closed-decked canoes or Kayaks at all times. This rule may be relaxed for beginner paddlers on flat clam water at the discretion of the leader.

**1:8** Canoe Buoyancy: Canoes must have adequate buoyancy properly secured in place, capable of supporting the canoe when full of water. Air Bags are recommended for the stern

**1:9** Bow and Stern Grab Loops:

All canoes shall be fitted with proper grab loops / bands to both bow and stern. Cow Tails should be fitted on Instructor boats

**1:10** Foot Rest: All canoes must be fitted with a properly secured, easily adjustable foot rest. An adjustable Plate or Inflatable Bag in recommended. Nuts and bolts must be maintained free from rust.

**2 Canoe Leader Certificates**:

**2:1** When Scout canoes are afloat a Canoe Leader Certificate holder / Instructor must be present and qualified to take the group on the waters in question.

To paddle on Training Water and Group 1-2 Rivers the Leader may hold the Basic Canoe Leader Certificate or Level 3 ICU Instructor

A leader holding a Restricted Canoe Leader Certificate can act as a second leader in above waters, or when accompanied by one other qualified leader may train Scouts on Flat/Sheltered Training waters.

Leaders holding ICU or BCU Canoe Leader award are acceptable as long as the Scout Leader is satisfied that the holders are suitable and have an understanding of the Scout canoe guidelines.

**2:2** **ICU Instructor Qualifications**

* The minimum qualification for Instructing ‘*Sit on Tops*’ for flat water is Level 2 Instructor.
* The minimum qualification for Instructing ‘*Sit on Tops*’ for Rivers is Level 3 Kayak Instructor
* The minimum qualification for Instructing ‘*Sit on Tops*’ for Sea water is Level 3 Sea Kayak Instructor

**2:3Canoeing**

* **Level 1 Canoeing Instructor**

 Level 1 Canoeing Coaches are qualified to instruct canoeing under very controlled conditions.

* **Level 2 Canoeing Instructor**

 Level 2 Canoeing Coaches are competent to instruct and lead on grade 1 water or designated lake areas.

* **Level 3 Canoeing Instructor**

 Level 3 Canoeing Coaches are qualified to instruct and lead on moving water up to Grade II and lakes.

* **Level 4 Canoeing Instructor**

 Level 4 Canoeing Coaches are qualified to instruct and lead on advanced white water journeys and inland waters. They have an important role in developing open canoeing.

* **Level 5 Canoeing Instructor**

 Level 5 Canoeing Coaches have in-depth experience of open canoeing and are actively involved in its development

**2:4 Sea Kayaking**

* **The Level 1 Sea Kayaking Instructor** Qualification is the same as the Level 1 Kayak Coach.
* **On the sea the Level 1 Sea Kayaking Instructor** Coaches are confined to instructing within harbours.
* **Level 2 Sea Kayaking Instructor**

 Level 2 Sea Kayaking Coaches are qualified to lead groups in non-tidal areas and sheltered coastlines. They cannot lead groups in winds above Force 3.

* **Level 3 Sea Kayaking Instructor**

 Level 3 Sea Kayaking Coaches are qualified to instruct and lead groups close to accessible coastlines that do not involve tidal races or overfalls.

* **Level 4 Sea Kayaking Instructor Coach**

 Level 4 Sea Kayaking Coaches are qualified to instruct and lead groups on open sea crossings and areas where there are tidal races or overfalls.

* **Level 5 Sea Kayaking Instructor Coach**

 Level 5 Sea Kayaking Coaches have in-depth experience of sea kayaking and are actively involved in its development.

**2:5 Kayaking**

**Level 1 Kayak Instructor**

Qualified to instruct Level 1,2 &3 kayaking skills on water of no higher than
Grade I difficulty including Very Sheltered water , Designated Lake Areas, and in
Designated Sheltered Tidal Areas.

Assess for the Level 1 Kayak Skills Award.

A Level I Kayak Coach is specifically **not qualified** to lead groups and is restricted to static instructional sessions only.

# Level 2 Kayak Instructor

Qualified to instruct introductory, basic, and intermediate skills level kayaking skills on water of No higher than Grade I difficulty including very sheltered waters and/or sheltered tidal areas.

***Qualified to journey on***

* Canals
* Sections of a river that does not include rapids or weirs
* Defined shorelines around a lake The Instructor is specifically not qualified to journey across a lake
* Harbours and Very sheltered Tidal Waters

 Assess for the Level 1 & 2 Kayak Skills Award.

**Level 3 Kayak Instructor**

 Qualified to instruct and lead kayaking groups safely on water of no higher
 than grade 2 difficulty including very Sheltered Waters and/or Sheltered Tidal Areas.

Assess for the Irish Canoe Union Level 2 and Level 3 Kayak Skills Awards.

**Level 4 Kayak Instructor**

 Qualified to instruct and lead groups safely on water of Grade 3+ difficulty in a kayak.

 Assess for the Irish Canoe Union Levels 2, 3 and 4 Kayak Skills Awards.

 Promote safe kayaking standards.

**2:6 Age:**

Paddling is allowed provided the safety clothing, PFD’s and equipment is appropriately sized and that there are suitability qualified instructors on the water and the guidelines for ratios are followed.

Kayaking for Beavers should be considered an exceptional activity and special consideration should be given to ratios, clothing, equipment, qualifications, experience, location and length of time being spent on the water.

A risk assessment should be submitted to your Group Leader at least a week in advance of the activity.

Group Leaders can seek advice by contacting the Sea Scouting Team

Paddling in Canadian Style Canoes for younger inexperienced scouts, cubs and beavers should be carried out by lashing together in a catamaran style and afloat no more than 30 meters from the shore in calm waters with suitably qualified instructors present. All other safety precautions still apply re PFD’s, Helmets, and Clothing etc

**3. PERSONAL EQUIPMENT**

**3:1** The canoeist's clothing should provide warmth both when wet and dry, with a minimum of bulk and weight. The canoeist should be comfortable and arms unrestricted - swimming togs, long - sleeved T-shirt or football shirt, shorts in warm weather, long woollen socks or neoprene bootees. Jeans must not be worn as they cause serious heat loss when wet. (Different combination of clothing should be worn depending on the temperature of the air and water temperature.

Recommended (shorts and short sleeved dry cag and thermal vest for warm air/ warm water.)

(3/4 wetsuit trousers dry cag and thermals for warm air /cold water.) (Dry suit thermals and fleeces for cold air/cold water).

**3:2** Equipment - Ensure your equipment is appropriate for the level and environment in which you are paddling and that it complies with safety regulations.

 Carry equipment for unexpected emergencies

**3:3** A wet-suit or Dry Suit must be worn when required by these rules. Winter/Summer

**3:4** Runners or hard-soled neoprene bootees to protect the feet must be worn at all times to avoid cutting the feet when walking on the shoreline or river-bed.

(Foot wear: Wetsuit Booties, Slip-on water shoes, Extreme White Water Boots, Sports Sandals.)

**3:5** Light wind - proof anorak or cagoule, which can be closed at the wrist and neck, must be worn when required by these rules and should be carried by each Scout at all times. These anoraks reduce heat loss from the body due to wind, especially when one is wet.

**3:6** Helmets must be worn at all times and must be CE approved for water sports

Helmets should be worn when on or near the river. Ensure it fits correctly and protects the temples and back of head)

**3:7** Check the safety of the kayaks / canoes. Check usability, security, and strength of grab-loops. It is highly recommended that kayaks/canoes etc have retro reflective strips

**3:8** A light Thermal Hat is can be worn. It should not be too bulky to be worn under the helmet. Do not wear a full-face balaclava, as this restricts breathing when wet.

**3:9** A Spraydeck not only keeps water out it also helps to retain heat and must be used for all winter canoeing; it must have a securely fitted quick-release cord.

**3:10** Personal Flotation Devices (lifejackets or buoyancy aids) should be CE approved. They must fit the wearer, taking into account weight and body-build. They should be comfortable to wear, provide all-round protection and help to retain heat. All tie cords, straps, zips or belts should be secure, easy to fasten and, when worn, tied securely so that the buoyancy aid cannot slip up over the face.

The recommend minimum for canoeing and kayaking is 50 Newton this for a person weighing 70 Kgs or more, manufactures have a sliding scale used to determine the minimum buoyancy needed for a given weight.

Seek advice from a specialist Kayak supplies store or Adventure Store regarding most suitable models.

Only PFD designed for kayaking should be used when using an enclosed kayak.

 **4 .WINTER CANOEING**

**4:1**Winter canoeing is defined as any canoeing activity undertaken from the 1 October to 30 April. Scouts can paddle all year round provided they are appropriately dressed. Cubs are restricted from going on the water in winter time. However they are allowed to paddle in heated swimming pools during winter season

**4:2**Wet suits spray decks and cagoules is the minimum requirement for winter canoeing **must** be worn for all winter canoeing. This rule should not be relaxed under any circumstances. Dry gear is recommended for winter kayaking

**4:3**Check River flows and weather forecasts and be prepared to change plans if necessary

**5. CANOE SURFING**

**5:1**There should be a minimum of 6 canoeists on the water. The ratio of canoe leaders to canoeists is 1:4 on the water - this is a minimum requirement.

**5:2**The Leader-in-Charge must hold a minimum qualification of an Advanced Canoe Leader Certificate, ICU Kayak Instructor level 3.

**5:3**Each canoeist in the surfing party must hold the Paddling Badge 6 at least or ICU Skills level 2 or equivalent.

**5:4** All rules concerning the correct clothing must be adhered to. In addition, **wet- suits must be worn**. The Canoe Leader may relax this rule on warmer days.

**5:5** Helmets must be worn at all times.

**5:6** It is recommended that additional buoyancy should be fitted in all canoes.

**5:7** A surf-master must be based on the beach, to watch over the surfing group.

**5:8** All members of the party must carry a suitable whistle.

**5:9** The Call Signs are:- 2 short blasts - All canoeists return to shore. 3 short blasts - Canoeist in difficulty.

**5:10** No equipment should be carried in canoes. Survival Kit / Repair Kit /First Aid kit must be based with the Surf -Master.

**5:11** Avoid surfing where there are swimmers. Obey the directions of a Beach-guard.

**5:12** The surfing zone must be marked out with marker flags.

**5:13** A "marker" canoeist must be posted a maximum distance beyond the surf.

**5:14** Canoeists going out through the surf must give way to surfing canoeists coming in. If required, they must capsize their canoe.

**5:15** Certain canoes are not suited to canoe surfing, particularly canoes with prominently pointed bows.

**Surf etiquette**. In the surf environment there are rules of engagement.

 They are not exclusive to paddlers; they apply to all surf users.

* **Patrolled Beaches**: If you are surfing on a patrolled beach, make sure that you keep within the designated surfing area. Take note of where you should be surfing before you go out, and make sure you stick to it when you are out.
* **Priority**: Always make sure that you are not taking anyone else's wave. Remember that the surfer who is closest to the breaking wave has priority. If you see someone already on a wave, then the wave is considered to be taken, and you'll have to wait for the next one.
* **Respect**: Respect the locals if you are visiting a beach. Remember that you are a guest and that waves should be shared.
* **Paddling out**: do not paddle out through the take off zone.
* **Rips**: If you are caught in a rip. Hopefully you already know that a rip is a strong current that (normally) goes straight out to sea and, if caught in one, you should not panic but instead paddle across the rip (not against it) until you have escaped.
* **Sun Block**: Always wear a good [waterproof sun block](http://www.surfing-waves.com/Browse/surfing-accessories/suncream-skincare/). You'll know how important it is if you have been out for a few hours surfing in the sun without it. Also, if you are not wearing a [wetsuit](http://www.surfing-waves.com/wetsuit.htm), it is a good idea to wear a UV-proof [long sleeve rash vest](http://www.surfing-waves.com/Browse/rashguards/longsleeve/) for body protection.
* **Surf Conditions**: Make sure that the surf is safe before you go in. If you are going surfing at a spot you are unfamiliar with it, is a good idea to get some advice from a local. Check out the surf spot while warming up.

**Special Surf Kayaks**

Long Boat: 3m or longer as measured in a horizontal plane. Also known as IC International class No fins allowed.

Short Boat: 2.75m or under, as measured in a horizontal plane. Also know as HP kayak High Performance. (Fins allowed)

Surf ski or Wave skis

 An off-shoot of surf kayaking has been the development of wave-ski surfing. A wave ski is similar to a surf board and has no closed deck. The paddler is strapped onto the ski and uses a kayak paddle.

 **6. ADDITIONAL RULES FOR CANOE LEADERS**

**6:1** The ratio of Canoe Leaders to canoeists for level 2 Instructors on flat water is 1:6.

 The ratio for ICU Instructor level 3 is a ratio of 1:6 on grade 2 rivers and 1: 8 on flat water

A level 3+ ICU Instructor must be present on grade 3 rivers and the other kayakers possess be of Level 3 Kayaking Skills

**6:2** Be aware that conditions change and new hazards can occur between trips. Be continually aware of the hazards associated with the environment in which you are paddling

**6:3** Be familiar with Scouting Ireland and the ICU canoeing guidelines and apply all rules, particularly winter rules and restrictions, including when cagoules, wet - suits and Spraydecks must be worn.

**6:4** Check the safety of your kayak / canoe. Check usability, security and strength of grab-loops. It is highly recommended that kayaks/ canoes have retro reflective strips

**6:5** Be aware of and apply any local rules or warnings issued by the harbour, navigation or local authorities or any local rules issued by Scout or Guide groups, which relate to any waters used for Scout/Guide canoeing.

**6:6** River estuaries often look placid but may be subject to strong rip currents extending considerable distance out to sea. Local knowledge should be sought and caution exercised against hazards caused by rapid "drying out" of mud flats which may cause difficulties.

**6:7** Before undertaking any Scout canoeing each leader must check existing weather conditions, local forecasts and shipping forecast if canoeing in restricted and expedition waters. More importantly know how to interpret his information.

**6:8** The leader-in-charge must ensure that normal day canoe trips are completed at least 1 hour before darkness. However, night canoeing is permissible provided approval is obtained from the Group Leader and Sea Scout Team or Area Committee...

**6:9** The leader-in-charge must inform himself / herself of the details of tides, currents, tidal rips, weirs, rapids or any other hazard likely to be encountered, or on waters adjacent to the water being used.

**6:10** Before each canoe activity the leader-in-charge must check the personal canoeing gear of each member in the party to ensure that dangerous clothing such as Wellingtons or loose heavy woollen pullovers, are not being worn by any member of the party.

**6:11** The leader-in-charge must check the soundness of each canoe before the trip to ensure that deck and hull are sound, side seams are watertight, seat and cockpit are securely fitted, buoyancy is adequate, foot bar securely in place and correctly adjusted, and bow and stern toggles or grab line fitted. If deck lines are fitted they must not be tied to the cockpit rim.

**6:12** Particular attention should be paid to old repairs.

**6:13** The leader-in-charge must ensure that all preparations for a canoeing activity are adequate - route planning, transport. etc. - and that details of the intended trip are left with a responsible adult who will know what to do in the event of a mishap.

**6:14** For sea passages the Coast Guard should be informed and a passage plan notified.

**6:15** The leader-in-charge must ensure that his canoe and the canoes of all other leaders are adequately equipped for rescue, including all deck lines, fore and aft paddle parks, bow and stern toggles or grab bands, long tow with quick release and snap link, short tow attachable on both sides. It is recommended that Leader canoes should be high rather than low volume.

**6:16** The leader-in-charge must ensure that adequate first-aid and emergency repair kits shall be carried by the party.

**6:17** All first-aid and emergency equipment must be carried in waterproof containers, not in plastic bags.

**6:18** The leader-in-charge must ensure that spare paddles are carried where appropriate.

**6:19** The leaders in a party must carry a whistle and a throwing line.

**6:20** The leaders must ensure that scouts show courtesy to others both on and off the water, including fishermen, swimmers and any other users of the water.

**6:21** The leader-in-charge is responsible for the provision of a powered rescue craft if required by the Classification of Waters. Depending on the circumstances, consideration should be given to carrying a VHF radio and appropriate flares when operating in sea areas in particular.

**6:22** Carrying a mobile phone is also worth considering on all trips, although it is not a reliable primary means of communication. (All above should be suitably waterproofed and easily accessible.

**6:23** The leader-in-charge or organiser of a competitive event must inform the Area Committee or Sea Scout Team least two weeks before the event.

**7. OTHER INFORMATION**

**7:1** Careful consideration should be given to the dangers associated with polluted or contaminated water and are aware of the dangers of Blue/Green Algae and the causes and early symptoms of Weil’s disease. All canoeing equipment should be kept in good order and checked regularly.

**7:2** Think carefully about the suitability of your kayak / canoe for the particular conditions you are paddling. Know the design strengths and limitations of your kayak / canoe. A canoe equipment officer should be appointed to take responsibility for regular maintenance.

**7:3** Temporary patches must be removed after the trip, the canoe stripped and dried before permanent repairs are undertaken. Temporary patches must not be used except to complete the trip.

**7:4** Paddles must be in good repair, blades secure in the loom, the paddle must be able to float.

**7:5** First aid kits must be carried on all canoe trips. The size and extent of the kit will depend on the size of the party and the journey being undertaken.

**7:6** Emergency kit must include at least bivvy bags, first aid kit, additional clothing, flask of hot drink, a suitable repair kit and a mobile phone.

**8. GRADING OF RIVERS**

**8:1 Grades**

White Water Rivers are generally graded at medium levels. By their very nature, such grading systems are to some extent subjective and may change suddenly with fluctuating river levels.

**8:2 N.Gr.** No grade due to lack of information. Canoeists who have paddled on these rivers are asked to forward their comments to the Sea Scout Team, or to the Irish Canoe Union.

 **8:3** River Grading

 It is important to know that graded difficulty is not the only factor that affects grading, and grading should not be the only factor you rely on when deciding whether a river or a rapid is for you. River Grading is not an exact system; rivers do not always fit easily into one category. Regional or individual interpretations have and may cause misunderstandings. It is important to know that graded difficulty is not the only factor that affects grading, and grading should not be the only factor you rely on when deciding whether a river or a rapid is for you.

**Water Conditions on rivers in Ireland are graded as follows**:

**8:4** Grade I – Flat Water

This is either flat, open water with minimal current or water with a very slight current. There are no obstructions.

**8:5** Grade II – Moderately Difficult

Rivers that have a choice of clearly evident routes. Occasional maneuvering may be required, but rocks and medium-sized waves are easily missed by moderately trained paddlers.

**8:6** Grade III – Difficult

Route is easily recognizable from the water. There are moderate, irregular waves which may be difficult to avoid. Complex maneuvers required in fast currents. Good boat control required. Stoppers and small eddies exist. Obstructions can be numerous.

**8:7** Grade IV – Very Difficult

Route is not always clear, inspection advisable. Rapids are continuous and breakouts few and small. Continual maneuvering with precise control. Sharp decision – making required.

**8:8** Grade V – Extremely Difficult

Inspection often essential and protection from the river bank possibly required. Serious dangers exist. Very complex continuous technical difficulties. Grade VI Almost never attempted and often exemplifying the extremes of difficulty, unpredictability, and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favorable water levels, after close inspection and taking all precautions.

The list on the following pages is a guide to the conditions that may be expected at various times on the main canoeing rivers of Ireland. The rivers are listed in clockwise order around Ireland, starting at the River Liffey. The following abbreviations indicate the different water heights -

 S.L. - Summer Low

 S.Av. - Summer Average

 Wint. - Winter

 W.H. -Winter High

 ≠ indicates "not canoe able".

**9. CLASSIFICATION OF COASTAL WATERS AND LAKES FOR CANOEING**

**9:1** The following definitions are a maximum and the Canoe Leader-in-charge shall restrict the extent of these waters to be used by Scouts, considering the size of the group, the experience of certificate holders, strength of the weakest members of the group together with the weather both present and forecast, and anything else that may influence a safe canoe activity.

**9:2**  **CLASSES** In the following class system all three sections must be considered and points from all sections added together to identify the class of water at that time.

When evaluating the conditions in any area care must be taken to allow for conditions that may develop, with possible changes in the weather and change in the tide.

In conditions where waters are exposed to offshore winds an additional 2 points must be added to the total.

 5 points Class 1 -- (Training Waters)

 6 - 11 points Class 2 -- (Restricted Waters)

 12+ points Class 3 -- (Expedition Waters)

 Classes 4, 5 & 6 are outside ordinary Scout activities.

**A - WIND EFFECT ON SEA Points**

Calm easy water 1

 Mild chop or swell under 1 foot high 2

 Rough choppy waves up to 2 foot high 3

 3 foot waves - canoeist disappears in troughs 4

 4 foot waves 5

 5 foot waves - difficult to keep together 6

**B - TIDAL INFLUENCE**

 Little or no tidal effect 1

 Some tidal effect up to 1 knot 2

 1 - 2 knots - progress difficult against current 3

 Tidal races and overfalls 2 - 4 knots 4

 Tidal races and overfalls 4 - 6 knots 5

 Tidal races, overfalls and whirlpools 6 - 8 knots 6

**C - RELEVANT COMMITMENT ENTAILED**

Landing easy at all times 1

 Landing occasionally more difficult - more

 than 200 yards away 2

 Landing only effective every 400 yards 3

 Landing over 1 mile away 4

 Landing over 2 miles away, or landing

 impossible due to cliff 5

 More than 5 miles from shore or safe landing 6

**9:3** **EXAMPLES:**

 On a day with a mild chop less than 1 foot high, with a 1 - 2 knot tide, and landing at times 200 - 300 yards away, the points totals would be as follows -

 Section A 2 points

 Section B 3 points

 Section C 2 points

 7 points = Expedition waters - Class 3.

Notes:

1. Helmets required at all times if setting out from or landing on a beach

2. Suitable powered rescue craft capable of accommodating the entire canoe party is required for all canoeing on waters of Class 3 and above.

3. Class 4 and above trips by sanction of the Canoe Committee only.

**Safety & Rescue**

Instructors and leader

Should have Basic rescue equipment

Throw rope

Knife,

Nylon tape sling

Two Karabiners.

Any person prepared to entering the water during a rescue should also wear a white water chest harness.

**Three Golden Rules of Safe Paddling:**

**1. Fewer than three on the water, there never should be.**

**2. Ensure you can swim adequately.**

**3. Always wear a suitable buoyancy aid**

**4.** Let someone know what you are planning and when you are expected to return.

**10 It is recommend that all leader and Instructor train in River safety and Rescue**

**10:1** River Safety & Rescue 1(RSR 1)
**Introduction**The RSR is a 1 day course designed for canoeists of all levels who wish to undertake relevant training in Safety and Rescue Techniques appropriate for water of Grade 2.This is an ideal stepping stone for those canoeists who are interested in taking more in -depth advanced rescue and safety training.

**10:2** General aims of the RSR1

The RSR1 aims to enable candidates to
1.01 Develop an understanding of rescue / safety protocols
1.02 To apply the appropriate method and equipment for particular situations
1.03 Execute self rescue
1.04 Rescue of others in Grade 2 water
1.05 Rescue of equipment in Grade 2 water.

**10:3** Guidelines

The RSR 1 course should be delivered and run on water of grade 2 difficulty at a static site
The Course Provider must be a Level 3 Kayak Instructor on the RSR I Course Trainer Panel
The student /trainer ratio is a maximum of 6:1

**10:4** River Safety & Rescue 2 (RSR 2)
**Introduction**
The RSR 2 is a two -day course designed for intermediate and advance level canoeists who wish to undertake relevant training in River Safety and Rescue techniques appropriate to water of Grade 3 and above difficulty. This is a follow on from RSR 1 introducing more advanced rescue and safety training and techniques.

**10:5** General aims of the RSR 2
The RSR 2 aims are to enable candidates to

1.01 To further enhance the understanding of rescue / safety protocols
1.02 To apply the correct method and equipment for a given situation
1.03 Execute self-rescue
1.04 The rescues of others in grade 3 / 3+ water
1.05 The recovery of equipment from grade 3 / 3+ water

RSR 2 course can only be delivered by a currently registered Level 4 Instructor who is a member of the RSR 2 Course Trainer Panel.

•The course student / trainer ratio is a maximum of 4:1.

 **References**

Books for recommend reading

 Irish Whitewater, A Guide to Irish White Water Rivers and Surf

 By Seamus Mac Gearailt

.Canoe and Kayak handbook - British Canoe Union.

 Edited by Franco Ferrero

White Water Safety and Rescue.

 Edited by Franco Ferrero

 Websites- Close attention should be paid to information on website as the information is always changing and cannot always be accurate.

 Scouting Ireland recommends Canoe.ie for the latest information

 Other sites You will find information on are:

 <http://www.irishwhitewater.com>

## River Guides in Ireland.

## River Gauges

# River Alerts

River Alerts is a system that aims to give Irish kayakers a warning about dangers on rivers or anything related (river warnings). River Alerts also uses posts from Irishfreestyle.com (river warnings).The system aims to accessible from anywhere, via mobile phone internet ([alerts.irishwhitewater.com](http://alerts.irishwhitewater.com)), SMS texts, RSS and internet.

To spread river alerts and to make them even more accessible, river alerts can be embedded on any website, [viewed on any phone.](http://alerts.irishwhitewater.com)

## [Accident and Close-Call Database](http://forum.iww.ie/viewforum.php?f=3)

 **Some Canoeing Terms**

**Blade**- The widened end of the paddle that does the work in the water.

**Bow**- The forward extremity of a canoe or kayak.

**Broach**- A dangerous situation in which a canoe / kayak is caught against an obstruction and turned sideways by the current. Alternatively when a boat is turned side on to wind and waves by the action of the waves.

**Canadian Canoe**- An often used but incorrect term for an open canoe propelled with a single-bladed paddle.

**Canoe**- Derived from the birch bark canoes of North America, the term “Canoe” refers in broad terms to any paddle-propelled craft with two pointed ends, including kayaks. Often used to mean an open canoe (occasionally incorrectly called a Canadian Canoe).

**A canoe** (as opposed to a kayak)- is a boat propelled with a single blade paddle, from a kneeling position in Flat Water and Wild Water Racing competition or from a sitting position in Marathon Racing and Touring events. Touring, Flat Water Racing and most marathon Racing canoes are undecked (open) many Wild Water Racing canoes are decked,and may appear like kayaks.

**Cockpit-** The place occupied by the paddler. There is normally a seat, and in some kayaks and canoes, the cockpit will be sealed with a spray cover around the paddler’s waist and attached by shock cord to the cockpit rim.

**Deck**- An enclosed area over the bow and / or stern of a canoe, which keeps water out and increases the craft’s strength.

**Edging-** Putting the boat on its edge to increase its maneuverability.

**Eskimo Roll**- A method of using the paddle against the water to right a boat that has tipped or rolled over. The roll relies on body movement for success, not the sweep of the paddle. There are many variations.

**Grip**- The area of the paddle that the canoeist holds.

**Hull**- The main body of any water going vessel, including canoes and kayaks.

**Hatch**- An opening through the deckinto a compartment, and closed by a hatch cover. Normally seen on sea kayaks.

**Helmet** - A canoeing helmet should be worn while paddling white water, surfing, paddling among rocks or in sea caves, and during rescue practice they are optional for other canoeing activities. The helmet should be securely fixed whenever it is worn.

**Hypothermia** - The loss of core body temperature through exposure to cold and wet, and especially wind. Potentially fatal. Prevention is much better than cure: dress warmly and eat well.

**Kayak**- Kayaks are derived from the frame and sealskin hunting boats of the Arctic. In broad terms “kayak” refers to any paddle-propelled craft with two pointed ends, including canoes. A boat propelled with a double bladed paddle. Competitors will sit in their boats for all disciplines. Kayaks are fully decked craft.

**Leader**- A person giving direction to a group, this includes Instructors, Coaches, trip leaders, peer leaders, scout leaders, group leaders, etc.

**Paddle**- The implement used for propelling a canoe. Canoeists use a single bladed paddle. Kayakers use a double-bladed paddle that’s held in the middle.

**River Left**- The left side of a river from the paddler’s point of view when looking down stream.

**River Right-** The right side of a river from the paddler’s point of view when looking down stream.

**Shaft-** The narrow part of the paddle, above the blade, encompassing the grip.

**Stern**- The rear end of a canoe.

**Spray deck**- Attaches around the paddler’s waist, then fitted around the cockpit to waterproof the cockpit.

**Stopper**- The wave formed immediately downstream of an obstacle over which water is flowing.