

## AMERICAN CANOE ASSOCIATION FLATWATER CANOE SAFETY AND RESCUE

**COURSE OVERVIEW:** This workshop introduces essential flatwater safety practices and rescue techniques that can be performed with a minimum of equipment, in the first few minutes of an emergency.

**COURSE OBJECTIVES:**

- Understand that prevention is the key to a safe trip.
- Understand how to avoid potential dangers.
- Develop and practice key self-rescue skills.
- Learn to focus on fast, simple, low-risk rescue techniques.
- Develop the skills to manage minor in-water incidents.

**PARTICIPANT QUALIFICATIONS:** Course participants should be comfortable paddling in conditions of up to one foot waves, 10 knot winds, and 2 knot current. Students should be in good health and overall fitness, possess solid swimming ability, and be comfortable in the water. Participants should dress appropriately for weather and water temperature, and expect to be in the water for extended periods of time.

**MINIMUM PERSONAL EQUIPMENT FOR THE CLASS:** Appropriately fitted PFD designed for paddling, protective clothing suitable for extended swims, appropriate footwear, boat, paddle, and whistle. Recreational or Touring Canoes may be used, at the instructor's discretion.

**COURSE DURATION:** Four + hours