



South Niagara Canoe Club

Safety Policy and Procedures

March 2, 2010

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Purpose

The South Niagara Canoe Club (SNCC) revised code of safety is adapted from the Sprint Code of Safety from Canoe Kayak Canada (2019), and the Dragon Boat Canada Safety Guidelines. The Sprint Code of Safety from Canoe Kayak Canada can be found at the following link:

https://southniagaracanoecub.wildapricot.org/resources/Documents/Policies/CKC-Sprint-Code-of-Safety_June13_FINAL.pdf.

The Dragon Boat Canada Safety Guidelines can be found at the following link:

<https://southniagaracanoecub.wildapricot.org/resources/Documents/Policies/dragon%20boat%20canada%20safety%20guidelines.pdf>.

Section 1 - Implementation

SNCC and all its members recognize that safety is of the utmost importance. Implementation of the amended Code of Safety involves all members of our club. Safety should be the first priority of all club members at all times. Members should understand their role in evaluating and minimizing risks faced by members/ participants involved in paddling sports.

All members/participants have a role in paddle sport safety; please identify which role(s) you assume in our club:

- participant (athlete)
- coach
- official
- parent
- volunteer
- boat driver
- spectator
- site manager or employee
- administrator

After you have identified your role(s), you will be able to better intervene and interact with the other team members. In this way, you will contribute to the creation and maintenance of a secure and safe environment.

The CKC Code of Safety operates under the regulations of the Transport Canada's Marine Safety. All users of this Code of Safety should be familiar with the Office of Boating Safety's "Safe Boating Guide". For convenience, the Guide is referenced in this document. It can be accessed at the following internet address:

http://publications.gc.ca/collections/collection_2015/tc/T34-24-2014-eng.pdf

Section 2- Extremes of weather

2.1 Cold water safety

When water temperatures are below 8 degrees Celsius all participants engaged in on water activities must:

- i- Wear a Government of Canada approved PFD at all times.
- ii- Be accompanied by a motor boat unless in a dragon boat or war canoe.
- iii- Wear clothing appropriate for the weather and water conditions.
- iv- Train as close to the shore as possible.

See appendix C for the effects of cold water on the human body.

2.2 Heat and humidity

- a) As per Environment Canada website/app, when the HUMIDEX reaches 45 degrees Celsius or above, all members/participants are to return to the shore and activity should be stopped until the humidex is below 45 degrees Celsius.
- b) Coaches are to use discretion based on the age and abilities of their participants to stop practice if the Humidex is less than 45 degrees Celsius and they feel the safety of the participants may be impacted by the extreme heat.

2.3 Thunder and lightening

- a) When there is lightening and/or thunder, all on water participants must immediately head for the nearest shoreline to seek shelter.
- b) In the event of lightening and thunder, a 30 minute rule will be implemented. All participants must remain sheltered and off the water for 30 minutes after the last thunder and lightening before resuming practice.

2.4 Winds

- a) Should winds exceed 39km/hr or if conditions appear potentially threatening, coaches should determine whether to continue or postpone the practice.
- b) Reported *gale force winds or storm winds* will result in the immediate postponement of any practice.
- c) Safety boats will remain on the water until all on water participants have safely returned to shore.

Section 3 - Safety of Participants

1. A participant is defined as a person who is taking part in an on-water canoeing activity under the sanction of a CKC member club, of a Divisional Flag Officer, or of the Sprint Racing Council. This includes dragon boat, canoe and kayak.
2. All participants should, at a minimum, be able to swim at the level of the Canadian Red Cross “Swim Kids Level 6”. To reach this level the participant must meet the requirements detailed in Appendix A - Canadian Red Cross Swim Kids Level 6.
3. Any participant who does not meet Swim Kids Level 6 must wear a Government of Canada approved Personal Flotation Device (PFD) in the manner in which it was intended, while engaged in all on-water activities.
4. Participants may not be tied, strapped or secured to the boat or floor board in any manner.
5. All paddlers under the age of 16 must wear a Government of Canada approved PFD of a type acceptable to the paddler’s division, in the manner in which it was intended, while engaged in any on-water activity.
6. Once seated in the boat, each paddler in a War Canoe or dragon boat must identify a “buddy” (seat partner) at the start of the practice or competition. In the event that the boat capsizes, each paddler must find their buddy. The steersperson then conducts a count to ensure all paddlers are above water and accounted for. Everyone stays with the boat, the boat is then swam to shore by the team, where the team can then safely exit the water.
7. On-water practices or competitions, should not take place earlier than one-half hour preceding sunrise, and not later than one half hour after sunset, e.g. if sunrise is 6:30 A.M then practices may not start before 6:00 A. M. If sunset is 8:40 P.M. then practices must be completed (paddlers off the water) not later than 9:10 P.M. If a practice extends beyond these times, the following shall be required:
 - All boats must be equipped with operating navigation lights in accordance with the Office of Boating Safety standards.
 - All participants must wear approved PFD’s regardless of age or swimming ability.
8. In order for a person of less than eighteen (18) years of age to participate in a training program or competition, one of their parents or legal guardian, shall sign a waiver form stating that they are aware of the risks of Sprint Racing Canoeing and Kayaking or dragon boating (see Appendix B for a sample).

Section 4- Responsibilities of the Participant

1. To observe all safety rules that may affect their own safety and/or the safety of his/her fellow participants.
2. If over the age of 15, all participants complete a Par Q and You health questionnaire every year.
3. All participants are to inform the coach of any change in their health which may affect their ability to safely participate in club programs, or which affects their well-being, or may endanger the safety of the other participants.
4. All participants are to inform the coach that he/she is using or under the effect of any prescription medication.
5. Refrain from drinking alcoholic beverages or using drugs, which may affect their ability to train or compete in a safe manner.
6. Be aware of and act in accordance with cold water rules and extreme heat rules.
7. Participants are to only go out onto the water in any SNCC boat under the instruction or direction of the SNCC coach of the participants member program.

Section 5 - Responsibilities of the Club

1. The club shall ensure that all participants respect the code of safety at all times.
2. The club shall ensure that a web based version of the code of safety is easy to find on the website and that a hard copy is kept on site.
3. The club shall appoint a club safety officer every year, who will be responsible for ensuring the club's compliance with the code of safety. The club will notify the Division flag officer of this appointment no later than June 30 of each year.
4. The club will inform participants of cold water rules and conditions.
5. The club will post a plan of the local waterway and draw special attention to local rules and hazards.
6. The Club should have an Emergency Action Plan (EAP), which has to be known by key administrators, employees and coaches (see Appendix E).
7. A list of Emergency telephone numbers should be displayed prominently (see Appendix E).
8. The Club shall maintain a First Aid Kit (see Appendix G - Sample First Aid Kit Checklist).
9. The club does not have a public phone, all coaches are to carry a fully charged cell phone at all times.
10. The Club will complete incident reports and maintain records of incidents which occur during Club sponsored activities. Incident Reports shall be maintained with the Club membership database. Incident reports are to be kept for a minimum of 3 years. Incident reports are to be given to the club commodore for resolution action and if needed discussion at the board meeting (See Appendix F).
11. The Club shall ensure that all equipment is in proper working condition.
12. The Club will promote water-safety and take active steps to encourage members to learn life-saving techniques.

13. The Club will take active steps to ensure that coaching staff are trained in life-saving and resuscitation procedures by attending courses and other appropriate measures.

14. The Club will promote the “Safe Boating Guide” published by Transport Canada. http://publications.gc.ca/collections/collection_2015/tc/T34-24-2014-eng.pdf

Section 6- Responsibilities of the coaches

1. Must be familiar with and help to enforce this Code of Safety as minimum level of safety.
2. They must wear a Government of Canada approved PFD at all times while on the water.
3. They will possess a copy of the club's Emergency Action Plan. They will know the sites emergency procedures and location of first aid kits and other safety equipment.
4. They will be trained in First Aid and CPR.
5. All head coaches, or designated lead coaches in charge of or supervising on water activities must have at a minimum NCCP level 1, ELCC certification or Canoe Kids Coach Training.
6. They will identify any discernible medical conditions of an athlete that can become a safety issue.
7. At the request of the safety officer, they will ensure that all Par Q and You health questionnaires are completed and have spoken to the participant regarding any follow up action required if they answered yes to follow up questions.
8. While coaching on water activities, they will ensure that all paddlers in a canoe or kayak not wearing a PFD do not stray 500m or more from the safety boat.
9. Must carry a charged cell phone or other means of communication during practice.
10. They have the responsibility to manage on water participants based on the water and weather conditions and must be constantly attentive to any indications that could impact water and weather conditions.
11. They must carry the Fox 40 emergency safety dry bag on the boat or safety boat at all times during on-water activities.

Section 7- Responsibilities of the Club Safety Officer

1. The club safety officer is responsible for ensuring that the club adheres to this code of safety as well as other safety measures which may apply.
2. To ensure that the club has sufficient safety equipment and that all safety equipment is in good working condition.
3. Work in collaboration with the head coach to conduct an annual club safety audit to ensure that all required safety equipment is sufficient and satisfactory for compliance with the code of safety.
4. Responsible for the continuous updating and maintenance of the club's emergency action plan, including key contact information and response procedures.

Section 8- Canoes, Kayaks, Dragon boats & Other Equipment

1. All canoes, kayaks and dragon boats shall be maintained in a safe and floatable condition.
2. Racing canoes and kayaks have special exemptions under the Canada Shipping Act, Small Vessel Regulations (see Appendix D for a full description).
3. All motor-boats or other crafts used for coaching, officiating, or for regatta safety must meet the minimum requirements as set in the Canada Shipping Act, Small Vessel Regulations. In addition, there may be Provincial or municipal regulations which may also need to be followed. The following website address will take you directly to the minimum equipment regulations for powered pleasure craft not over 6 meters in length: <http://www.tc.gc.ca/marinesafety/TP/TP511/boat.htm>
4. It is the responsibility of all club members to inform coaches or other administrators of the club if a piece of equipment is damaged during practice or racing.

Section 9 - Responsibilities of Boat Drivers

1. All boat drivers (including coaches & officials) must comply with Transport Canada's Motor Boat Regulations. Motor boat drivers, known in the regulations as 'operators of pleasure craft fitted with a motor' must have proof of competency as follows:

How this applies to operators	Date at which proof of competency required on board
All operators born after April 1, 1983	September 15, 1999
All operators of craft under 4m in length including personal watercraft	September 15, 2002
All operators	September 15, 2009

2. All drivers are to operate motor boats and equipment with extreme care. They should familiarize themselves with Transport Canada's Safe Boating Guide. It can be found at: <http://www.tc.gc.ca/marinesafety/debs/obs/menu.htm>
3. Boat operators must take the appropriate course and possess a valid operator competency card issued by Transport Canada.
4. Boat operators must be at least sixteen (16) years old.
5. Boats are to proceed at SLOW speed in the vicinity of docks and swimming areas.
6. Boats are to approach swimmers, wharves, canoes, kayaks, etc., in the safest possible manner depending on the circumstances.
7. Boat drivers are to monitor fuel tanks periodically and avoid interrupting their availability as an on-water safety boat.
8. Boat drivers are to be alert at all times, paying particular attention to instructions from officials.
9. Boat drivers are to be observant of all activity in their surrounding area, 360 degrees.
10. Motors are to be shut off before final approach to a swimmer, and the rescue boat should use a reaching assist to help retrieve the swimmer.
11. Extreme care must be taken to ensure that the wake does not interfere with, or cause hazard to racing boats, either on the course or on the course sides.
12. At a competition, boat drivers should be rotated as close to the scheduled times as possible, but at no time should a driver abandon his duties until relieved.

13. In the event of an overturned War Canoe or Dragonboat, the Safety Boat Drivers shall proceed immediately to the area of the swamped or overturned boat. The engine shall be stopped and paddlers' heads must be counted to ensure that all paddlers have their head above water and are not experiencing difficulty.

Section 10 - Boat trailer, vehicle and driver safety

Trailers:

1. All trailers must be maintained and licensed to the standards of the provincial government. In some provincial jurisdictions, clubs should be aware of regulations which may require the towing vehicle to be matched to the trailer.
2. All plated trailers must be insured.
3. Boats must be securely and individually tied to the trailer. An additional safety rope should be affixed to encircle the boats on the trailer. Boats should be loaded in such a manner as to be balanced from front to back and left to right.
4. Trailer hitch and towing ball must be compatible.
5. Safety chains must be affixed between trailer and towing vehicle.

Cars/Vans/Trucks:

6. If transported by car, van or truck, boats must be securely tied to the vehicle.
7. All vehicles used to pull boats and trailers must be insured, either through personal vehicle insurance or by the organization that sanctions the related activity. Where personal vehicles are used to transport boats, the owner of the vehicle does so at his/her own risk should any damages occur that are not covered by insurance.
8. Drivers of trailers, trucks, cars or vans shall always be fit for duty when operating a vehicle. They shall not be under the influence or effects of any prescription medications, illicit or illegal drugs, alcohol, cannabis or fatigue that would impact or prevent them from safely operating a vehicle.
9. Vehicle drivers are responsible for ensuring that they only operate a vehicle in safe road and driving conditions.

Section 11 - Compliance

1. The safety officer, coaches and by extension, the SNCC board of directors is responsible for the enforcement of the Code of Safety at our club. They are also responsible for the safety of our participants at Regattas or other events. Our Club shall bear the responsibility to discipline or suspend any participants, coaches, or organizers violating the SNCC Code of Safety.
2. Please refer to the SNCC Code of Conduct for further details on enforcement for non-compliance with the Code of Safety (See Appendix I for reference).
3. We all need to be responsible. The safety officer cannot be everywhere at all times, please remind your coach, your team mates and visitors if you note that a Code of Safety violation is taking place.
4. The Division shall have the right to discipline or suspend any club, participant, coach, official or organizer who violates the CKC Code of Safety at a divisionally sanctioned event.
5. The Competition Committee at Nationally sanctioned events shall have the right to discipline or suspend any club, participant, coach, official or organizer who violates the CKC Code of Safety.

Appendix A - Red Cross Swimming Standard

Level 6 Jump Right In!

Welcome to Red Cross Swim Kids!

Congratulations on choosing Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, Red Cross Swim Kids sets the foundation for a

lifetime of swimming and fitness. We're proud to offer:

- Quality instructors who train for more than 75 hours and have practical teaching experience.
- Learning made fun through games and songs in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- Seamless progression of swim classes from six years old to young teens.

What do swimmers learn in Level 6?

Everybody in the pool! In Level 6, your child will:

- Learn ice safety awareness, including when and where to go on the ice to have fun and stay safe.
- Learn to recognize a swimmer in trouble and how to throw a buoyant device to assist the swimmer.
- Maintain surface support by treading deep water for 1 minute and 30 seconds, ensuring that he or she has time to look for and get to the closest edge for safety.
- Practise the front dive – and learn when and where to dive safely.
- Learn the elementary back stroke; swimmers must synchronize the leg and arm movements for this stroke.
- Enhance strength and technical skills for the front and back crawl.
- Increase swim distance to 75 metres.

We believe your child should develop swimming skills in a fun, encouraging environment. Our Instructors use games and activities to teach and reinforce skills, help your child overcome fears, and create a positive experience.

How are swimmers evaluated in Level 6?

Our Instructors remember what it's like to be a child, and they use lots of positive reinforcement to encourage individual swimmers to improve their skills.

Success in swimming and water safety lessons can come in many different forms. Swimmers may learn new skills, increase confidence, and gain a feeling of accomplishment. They may improve on previously learned skills and achieve a personal best for the distance they can swim.

The Red Cross Swim program has carefully defined performance criteria that our Instructors follow when evaluating your child.

Your child will receive a progress card

outlining all of the skills he or she achieves in Level 6. Instructors encourage your child to demonstrate that he or she has truly acquired a skill by using the skill at least three times during the set of lessons.

If your child can successfully demonstrate each of the Level 6 skills, he or she will receive a **completion badge** and move on to the next level in Red Cross Swim Kids. Children who participate in the program



Sponsored by:



Swim with the best





and who have not yet mastered all of the Level 6 skills will receive a **Personal Best** sticker to acknowledge their improvement.

It is important to remember that all swimmers advance at their own pace. Not completing a level the first time, or even the second time, just means there are important skills to continue to strengthen. See “Practise making waves at home” and talk with your child’s Instructor about ways to support your child.

Where do swimmers go after Level 6?

As your child progresses to a new level, he or she will improve swimming skills, build endurance, and continue to focus on water safety.

In Red Cross Swim Kids Level 7, your child will learn to:

- Recognize and assist in a choking incident.
- Practise whip and eggbeater kicks.
- Increase swim distance to 150 metres.

Parents and caregivers: keep your swimmer afloat!

Even though you’re not in the water, you play an important role in Red Cross Swim Kids. Your enthusiasm and encouragement can make your child’s swim lessons a fun and rewarding experience.

Here’s how you can help:

- Support your child by praising his or her effort in the pool. Remember that children develop swimming skills at different rates.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.

Practise making waves at home!

How can you build on your child’s swimming experience?

- Your child is learning a fun new entry into the pool – the front dive. Encourage your child to safely practise this new skill during family swim time.

Family Tips

- Keep up with your kids in the pool by taking adult swimming lessons! Red Cross offers AquaAdults, a program that helps adults fine-tune their strokes and increase their swimming endurance.
- Talk about diving safety with your child.
- While diving is a popular entry for youth, head-first dives should be done with caution. Knowing where it is safe to dive is an important part of what your child learns in Red Cross Swim. Encourage your child to practise this behaviour by checking out the water’s depth before diving into unknown water or pools. Most home pools are not deep enough or long enough for front dives.

Keep on swimming in Level 7!



Appendix B - SNCC Insurance Waiver



South Niagara Canoe Club

ASSUMPTION OF RISK, RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND INDEMNITY AGREEMENT
BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.
PLEASE READ CAREFULLY.

Name:	Phone:
Address:	Email:

ASSUMPTION OF RISK

I AM AWARE THAT THERE IS POTENTIAL RISK INVOLVED IN WATER SPORTS, including canoeing. I freely accept and fully assume all such risk, dangers and hazards, including risk of personal injury, death, or property loss resulting from my participation in canoeing, kayaking, dragon boat racing and/or associated training activities.

RELEASE OF LIABILITY WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of approval to participate in the activity of canoeing, dragon boat racing and associated training activities at the Welland International Flatwater Centre or at other sites, I hereby agree as follows:

- 1) To waive any and all legal claims that I have or may in the future have against South Niagara Canoe Club, its directors, officers, employees or agents, representatives or any person in any way connected with South Niagara Canoe Club (all of whom are hereinafter collectively referred to as the releasees); to release the releasees from any and all liability for any loss, damage, injury or expense I may suffer, or that my next of kin may suffer as a result of my participation in the sport of canoeing, dragon boat racing and associated training activities, due to any cause whatsoever including negligence, breach of contract, or breach of the statutory or other duty of care. I acknowledge my responsibility to ensure adequate medical, personal health, dental and accidental insurance coverage as well as protection of my personal possessions.
- 2) I agree to hold harmless and indemnify the releasees from any and all liability for any damage to property of, or personal injury to, any third party, resulting from my participation in this activity.
- 3) This Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns, and representatives in the event of my death and incapacity.
- 4) In signing the foregoing release, I hereby acknowledge and represent that I have read the foregoing release, I understand it and agree to it voluntarily, that I am 18 years of age or older and of sound mind, or being less than 18 years of age have co-signed With parent or guardian, as the case may be.
- 5) I agree to properly wear or have available, at all times, while participating in any on-water activity, an approved floatation device or life preserver/life jacket, as may be required by SNCC.
- 6) I agree that the South Niagara Canoe Club may use any photo taken of me or in which I may appear, for any purpose, including publicity and commercial exploitation, and this shall constitute my consent to such use.
- 7) In entering into this Agreement, I am not relying upon any oral or written representations or statements by the releasees other than what is set forth in the Agreement.
- 8) I understand the ability to swim competently is essential for the safety of all participants in SNCC on-water activity, and that the swimming requirement for participation in such activity is Red Cross Level 6 or equivalent.

I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____, 20___. Signature: _____.

Name of Minor: _____.
Signature of parent or legal guardian of minor named above: _____.

Emergency Contact:	
Relationship:	
Phone:	

Appendix C - Effects of Cold Water

The human body loses more heat when wholly or partially immersed in water than it does while only exposed to the air. Thermal loss in water is 2 to 5 times greater than in the air. Most experts in immersion hypothermia and cold water near drowning/drowning define cold water as temperatures below 20C. Hypothermia is defined as a drop in body temperature below the normal level. At this lower temperature, a person's muscle and mental functions are affected. A person exposed to cold water, and becoming hypothermic, can exhibit certain progressive signs and symptoms. They are as follows:

- Shivering and slurred speech, conscious but withdrawn at the early stage
- Slow and weak pulse, slow respiration, lacks co-ordination, irrational, confused and sleepy at intermediate stage; and finally
- Weak, irregular or absent pulse or respiration, loss of consciousness at final stage

If you end up in the water, do everything you can to conserve body heat.

- Wear your PFD. Valuable energy will be lost keeping your head above water if you are not wearing it.
- Climb onto your boat to get as much of your body out of the water.
- If alone and your boat sinks, adopt a "heat escape lessening position" (h.e.l.p.) by crossing arms tightly against the chest and by drawing the knees up close to the chest.
- If with others and your boat sinks, "huddle" with other persons by getting the sides of everyone's chest close together with arms around mid to lower back and legs intertwined.

Rescue and Treatment:

The general principles include:

- The safety of the rescuer(s) as well as the casualty, must be ensured at all times. The point of rescue is the vulnerable time for rescuers and casualties.
- Victims of immersion incidents should be handled gently, and placed and maintained in a horizontal position as much as possible.
- Consider the mechanism of injury for possibility of trauma, but realize the biggest immediate threat is likely to be the airway due to the aspiration of fluids. Medical observation is recommended as the effects of aspiration can be delayed for hours.

- Upon recovery, the objective is to prevent further heat loss. Remove wet clothing if the environment allows, insulate with available materials and remove to shelter.
- Any re-warming attempts of the hypothermic casualty should be passive and focus upon the body core. Rapid full surface warming is to be avoided.
- Pulses in the hypothermic casualty are hard to find and should be assessed for up to two minutes at the carotid artery prior to CPR. If CPR is indicated, it should be at the normal rate for the age of the casualty.

Appendix D - Canada Shipping Act, Small Vessel Regulations

Safety Equipment Requirements:

Unless exempted as described below, Dragon Boats are required to carry:

- One Canadian approved PFD of appropriate size for each person on board
- One sound signaling device (whistle)
- Throw line
- Navigation lights that meet the applicable standards set out in the Collision Regulations if the pleasure craft is operated after sunset and before sunrise or in periods of restricted visibility.

Exception for Dragon Boats, Racing Canoes, Racing Kayaks and Rowing Shells:

A pleasure craft that is a racing canoe or a racing kayak is not required to carry personal protection equipment, boat safety equipment and distress equipment in accordance with the Act if it and its crew are engaged in formal training, in an official competition or in final preparation for an official competition and,

- A. it is attended by a safety craft carrying a personal flotation device or lifejacket of appropriate size for each member of the crew:
 - (i) of the pleasure craft, if the safety craft is only attending the pleasure craft, or
 - (ii) of the largest vessel being attended, if the safety vessel is attending more than one vessel, and
- B. it carries:
 - (i) a personal flotation device or lifejacket of appropriate size for each member of the crew,
 - (ii) a sound-signaling device, and
 - (iii) if it is operated after sunset and before sunrise, a watertight flashlight.

Definitions:

Official competition:

- a competition or regatta organized by a governing body or by a club or an organization that is affiliated with a governing body.

Formal training:

- a practice for an official competition under the supervision of a coach or official certified by a governing body

Final preparation for an official competition:

- activities to prepare for the competition venue and during the times specified by the organizer of the competition.

Governing body:

- a national water sport governing body that publishes written rules and criteria respecting conduct and safety requirements during skills demonstrations, formal training or official competition and which certifies coaches, officials and recommends training and safety guidelines for coaches and officials.

Appendix E - Emergency Action Plan / Emergency Number Card



Emergency Action Plan Dealing with an incident

Stabilize the situation

Don't put yourself in danger
Put your group in a safe place and maintain control
Give clear verbal instructions to bystanders and those involved



Call for help as needed

Direct someone to use coach cell phone to call 911
We are located at the WIFC
16 Townline Tunnel Road in Welland



Provide first aid if needed



Help arrives

Maintain control of the group at all times
Debrief the situation with the group



Follow-up

Call emergency contact of paddler if needed
Complete incident report and submit to commodore
Call club emergency contacts to report incident

Emergency Number Card

Each coach is responsible for carrying a charged cell phone at all times.

Follow the emergency action plan and get the situation dealt with first. Once everyone is safe and help has arrived, call the emergency contact for the individual, fill out the incident report and then call the SNCC emergency contact person(s).

- (1) Brenda Arndt (289) 990-8303
- (2) Tracey Pigeon (289) 257-6768
- (3) Kathleen Reardon (289) 821-2970
- (4) KC Fraser (905) 464-5867

Non emergency police number if needed: (905) 735-7811 in Welland

Appendix F - Incident Report Form

Incident Report Form Appendix F

Date of report: _____ / _____ / _____
 dd mm yyyy

PATIENT INFORMATION

LAST NAME:		FIRST NAME:	
STREET ADDRESS:		CITY:	
POSTAL CODE:		PHONE: ()	
E-MAIL :		AGE :	
SEX: ___M___F	HEIGHT: _ _____	WEIGHT: _____	DOB: _____ / _____ / _____ dd / mm / yyyy
KNOWN MEDICAL CONDITIONS/ALLERGIES:			

INCIDENT INFORMATION

DATE & TIME OF INCIDENT: _____ / _____ / _____ ___ AM PM mm yyyy	TIME OF FIRST INTERVE NTION: _____ AM _____ PM	TIME OF MEDICAL SUPPORT ARRIVAL: _____ AM _____ PM
CHARGE PERSON, DESCRIBE THE INCIDENT: (what took place, where it took place, what were the signs and symptoms of the patient)		
PATIENT, DESCRIBE THE INCIDENT: (see above)		
EVENT & CONDITIONS: (what was the event during which the incident took place, location of incident, surface quality, light, weather etc.):		
ACTIONS TAKEN/INTERVENTION:		
After treatment, the patient was: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Sent home Sent to hospital/a clinic Returned to activity		

OVER...

Incident Report Form (p.2)

CHARGE PERSON INFORMATION

LAST NAME:	FIRST NAME:
STREET ADDRESS:	CITY:
POSTAL CODE:	PHONE: ()
E-MAIL:	AGE:
ROLE (Coach, assistant, parent, official, bystander):	

WITNESS INFORMATION (someone who observed the incident and the response, not the charge person)

LAST NAME:	FIRST NAME:
STREET ADDRESS:	CITY:
POSTAL CODE:	PHONE: ()
E-MAIL:	AGE:

COMMODORE ACTION TAKEN:

FORM COMPLETED BY:

PRINT NAME _____

SIGNATURE _____

Appendix G - First Aid Kit Checklist

First Aid Kit Checklist Appendix G

A complete first aid kit is essential. This kit must be carefully prepared in order to treat the most common injuries, and maintained regularly. Furthermore, it must be accessible to those responsible for the team. Here is a checklist to keep in the first aid kit so that you can verify regularly that it is complete.

ITEM	DATE/ CHECKED BY (Initial)															
Surgical gloves																
Peroxide																
Soft antiseptic soap																
Antiseptic wipes																
Band-aids																
Butterfly bandages																
Sterile gauze pads																
Self-adherent wrap																
Second Skin*																
Triangular bandage																
Safety pins																
Juice box																
Ice pack																
Scissors																
Tweezers																
Duct tape**																
Participant's medical and contact information																

* *Second Skin is a brand name for a product that is directly applied over a blister (very useful to have when participants are breaking in new footwear)*

** *While duct tape is not to be used for bandaging injuries, when others go looking in the first aid kit for tape to repair equipment in a hurry, they will take the duct tape instead of using your expensive first aid tape*

CARRYING A CELL PHONE AND USING IT IS THE FASTEST WAY TO ACCESS EMERGENCY MEDICAL SERVICES SUPPORT

Appendix H - Par Q and You Health Questionnaire

2019 PAR-Q+






The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

 **If you answered NO to all of the questions above, you are cleared for physical activity. Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.**

-  Start becoming much more physically active – start slowly and build up gradually.
-  Follow International Physical Activity Guidelines for your age (www.who.int/dietphysicalactivity/en/).
-  You may take part in a health and fitness appraisal.
-  If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
-  If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____ DATE _____




SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____



If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

Delay becoming more active if:

-  You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
-  You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
-  Your health changes - answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

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FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

1. Do you have Arthritis, Osteoporosis, or Back Problems?

If the above condition(s) is/are present, answer questions 1a-1c If **NO** go to question 2

- 1a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 1b. Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g., spondylolisthesis), and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)? YES NO
- 1c. Have you had steroid injections or taken steroid tablets regularly for more than 3 months? YES NO

2. Do you currently have Cancer of any kind?

If the above condition(s) is/are present, answer questions 2a-2b If **NO** go to question 3

- 2a. Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck? YES NO
- 2b. Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)? YES NO

3. Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm

If the above condition(s) is/are present, answer questions 3a-3d If **NO** go to question 4

- 3a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 3b. Do you have an irregular heart beat that requires medical management? (e.g., atrial fibrillation, premature ventricular contraction) YES NO
- 3c. Do you have chronic heart failure? YES NO
- 3d. Do you have diagnosed coronary artery (cardiovascular) disease and have not participated in regular physical activity in the last 2 months? YES NO

4. Do you have High Blood Pressure?

If the above condition(s) is/are present, answer questions 4a-4b If **NO** go to question 5

- 4a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 4b. Do you have a resting blood pressure equal to or greater than 160/90 mmHg with or without medication? (Answer **YES** if you do not know your resting blood pressure) YES NO

5. Do you have any Metabolic Conditions? This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes

If the above condition(s) is/are present, answer questions 5a-5e If **NO** go to question 6

- 5a. Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician-prescribed therapies? YES NO
- 5b. Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or light-headedness, mental confusion, difficulty speaking, weakness, or sleepiness. YES NO
- 5c. Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, **OR** the sensation in your toes and feet? YES NO
- 5d. Do you have other metabolic conditions (such as current pregnancy-related diabetes, chronic kidney disease, or liver problems)? YES NO
- 5e. Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future? YES NO

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6. Do you have any Mental Health Problems or Learning Difficulties? This includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome

If the above condition(s) is/are present, answer questions 6a-6b

If **NO** go to question 7

6a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

6b. Do you have Down Syndrome **AND** back problems affecting nerves or muscles? YES NO

7. Do you have a Respiratory Disease? This includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure

If the above condition(s) is/are present, answer questions 7a-7d

If **NO** go to question 8

7a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

7b. Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy? YES NO

7c. If asthmatic, do you currently have symptoms of chest tightness, wheezing, laboured breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week? YES NO

7d. Has your doctor ever said you have high blood pressure in the blood vessels of your lungs? YES NO

8. Do you have a Spinal Cord Injury? This includes Tetraplegia and Paraplegia

If the above condition(s) is/are present, answer questions 8a-8c

If **NO** go to question 9

8a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

8b. Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, light-headedness, and/or fainting? YES NO

8c. Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)? YES NO

9. Have you had a Stroke? This includes Transient Ischemic Attack (TIA) or Cerebrovascular Event

If the above condition(s) is/are present, answer questions 9a-9c

If **NO** go to question 10

9a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

9b. Do you have any impairment in walking or mobility? YES NO

9c. Have you experienced a stroke or impairment in nerves or muscles in the past 6 months? YES NO

10. Do you have any other medical condition not listed above or do you have two or more medical conditions?

If you have other medical conditions, answer questions 10a-10c

If **NO** read the Page 4 recommendations

10a. Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months **OR** have you had a diagnosed concussion within the last 12 months? YES NO

10b. Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)? YES NO

10c. Do you currently live with two or more medical conditions? YES NO

**PLEASE LIST YOUR MEDICAL CONDITION(S)
AND ANY RELATED MEDICATIONS HERE:**

GO to Page 4 for recommendations about your current medical condition(s) and sign the PARTICIPANT DECLARATION.

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If you answered **NO** to all of the **FOLLOW-UP** questions (pgs. 2-3) about your medical condition, you are ready to become more physically active - sign the **PARTICIPANT DECLARATION** below:

- ▶ It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
- ▶ You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
- ▶ As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
- ▶ If you are over the age of 45 yr and **NOT** accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.



If you answered **YES** to **one or more** of the **follow-up** questions about your medical condition:

You should seek further information before becoming more physically active or engaging in a fitness appraisal. You should complete the specially designed online screening and exercise recommendations program - the **ePARmed-X+** at www.eparmedx.com and/or visit a qualified exercise professional to work through the ePARmed-X+ and for further information.



Delay becoming more active if:

- ✔ You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- ✔ You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
- ✔ Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.

- You are encouraged to photocopy the PAR-Q+. You must use the entire questionnaire and NO changes are permitted.
- The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

PARTICIPANT DECLARATION

- All persons who have completed the PAR-Q+ please read and sign the declaration below.
- If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____

DATE _____

SIGNATURE _____

WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

For more information, please contact

www.eparmedx.com
Email: eparmedx@gmail.com

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Key References

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The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.

Appendix H - SNCC Code of Conduct



South Niagara Canoe Club Code of Conduct

This Code of Conduct applies to all members of the South Niagara Canoe Club including paddling members, general members, members of the board of directors and parents (guardians) of paddling members under the age of 18 years.

In general, members must:

- Follow club rules
- Be responsible for their own actions
- Be cooperative with and respectful of coaching staff
- Respect the decisions of the board of directors
- Communicate courteously
- Maintain a clean and safe environment
- Show proper care of club property and the property of others
- Seek the assistance of coaches to resolve disagreements
- Respect and abide by decisions regarding regatta entries and the crews for team boats made by

coaching staff

- Read, understand and follow all club policies
- Violence and harassment of any form is not tolerated

Conduct contrary to the above code is not acceptable and can lead to warning, suspension and termination of membership.

Guidelines for Disciplinary Action of the South Niagara Canoe Club

Disciplinary steps shall be executed in the following order and within indicated time frames:

Action Step	Timeframe	Responsibility
Verbal warning with a written record of the verbal warning	Immediately at time of incident, or immediately after Club Management/Board receive notification of incident	If present for incident: Supervising Coach/Instructor; otherwise the Head Coach or member of Board Executive
Written warning from the board of directors	Within 5 business days of receipt of incident report by Club Management/Board	Member of Board Executive
Invitation to an interview with the board of directors (documented interview). In the case that the invitation is declined – documented meeting of board of directors with written action plan	Interview offer within 5 business days of incident or receipt of incident report by Club Management/Board; interview completion within 20 business days of incident or receipt of incident report	Board Executive – Group decision
Suspension of membership for a given time	Decision communicated within 5 business days of completing interview	Board Executive – Group decision
Termination of membership	Decision communicated within 5 business days of completing	General Board – Group decision

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SNCC reserves the right to alter these standards and responsibilities should such changes provide a more effective, transparent, and appropriate response to any incident.

South Niagara Canoe Club takes the safety of our members seriously. Any paddler or parent of a paddler, if under 18 years, refusing to follow safety regulations could be subject to immediate suspension from the club and possible termination of membership pursuant to Disciplinary Steps outlined above. This suspension can be appealed, by submitting a written request to the Commodore for further review by the board of directors.

Letter of warning can result from:

- Disrespect of fellow paddlers and parents
- Disobedience and/or disrespect of coaching staff
- Disobedience and/or disrespect of members of board of directors
- Failure of a coach to follow SNCC policies
- Failure to pay fees within two weeks of registration. Warning/Invoice letter by treasurer will be

mailed or emailed to paddler with a copy to Commodore. If after two more weeks fees are not paid, paddler is immediately suspended from SNCC and not reinstated until fees are paid in full (community sport / recreation funding programs are available for Niagara residents experiencing financial difficulties – speak to treasurer ASAP if this is the case)

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Disciplinary Procedures of the South Niagara Canoe Club

Expectations for Paddlers:

- Come to SNCC ready to work hard
- Be on time
- Treat others with fairness and respect
- Take responsibility for actions
- Respect team mates
- Respect coaching staff
- Recognize that the coaching staff are in charge at all times
- Ensure that no other family member interferes during training or coaching
- Relay any questions or concerns in a respectful manner
- Inform the coach of any need to arrive late or leave early from practice or raceday
- Be familiar with and adhere to all SNCC safety rules and policies
- Adhere to the coach's decisions regarding regattas to enter and boat selection. Any questions

should be posed to the coaching staff involved in the making of that decision

- Be aware of and keep track of their own race times at regattas
- Show up for and participate in boat loading / unloading for each regatta even if it means an

additional trip to the boat house

- Assist in the regular clean-up of the boat house
- Respect all equipment. If you need assistance to store or carry a boat – ask a coach

immediately. First failure to respect equipment will result in verbal warning (with written documentation). Second failure to respect equipment can result in suspension from the SNCC for a given time. Any paddler who is known to blatantly disrespect any equipment is required to pay for repair or replacement of the equipment

- Respect the equipment of others. Cannot use the equipment of others without their consent
- Follow and adhere to the volunteer requirements as laid out in the registration package. This club

is a collective of volunteers and the performance and development of paddlers is reliant on a

volunteer commitment from all members and paddlers

- Thank those who contribute to their paddling development

Expectations for Coaches:

- Act respectfully towards paddlers, parents, other coaches and members of the public
- Act in the best interest of the paddler
- Be organized and on time
- Communicate changes to schedules, practices, regattas in a timely manner to paddlers, parents

and board of directors

- Abide by all safety policies and regulations of SNCC
- Plan and execute excellent training programs for the paddlers
- Provide appropriate notice of regatta schedules and boat crews
- Monitor and maintain all club equipment
- Be prepared to act responsibly and calmly in the case of an emergency
- Ensure that all paddlers are treated equally
- Honour commitments and obligations
- Maintain confidentiality and privacy as appropriate
- Maintain dignity and exercise self control
- Ensure and enforce that family members do not interfere during training or coaching both at the

boat house and at a regatta

- Respect regatta officials
- Promote SNCC in a positive manner at various venues and opportunities
- Respond to all board member's emails and requests in a timely manner
- Be accessible and approachable to parents to discuss attendance issues or training concerns or

any other issues related to their child

- Take steps to resolve any outstanding issues with a paddler or their family in a timely and respectful manner. If the matter is left unresolved, the coach should contact the board of directors for assistance

Expectations for Parents:

- Support and encourage their child
- Inform the coach at the start of the program of any physical or mental conditions or health

concerns that could impact the paddler's abilities

- Be respectful of coaching decisions
- Refrain from interfering with training, coaching or racing at any venue. Deal with concerns at an

appropriate time (regattas are never the appropriate place to deal with a concern)

- Contact the coach to deal with any concerns related to coaching or coaching decisions. Should the issue remain unresolved, contact the board of directors for further vetting

- Be familiar with the training programs and guidelines through the CanoeKayak Canada website (CKC)

- Follow and adhere to the volunteer requirements as laid out in the registration package. This club is a collective of volunteers and the performance and development of paddlers is reliant on a volunteer commitment from all members and paddlers

- Respond to emails when requested in a timely manner so that decisions can be made quickly
- Be pro-active in seeking regatta information
- Understand that parents are not to instruct a paddler before or after a race as it may conflict with

the coach's instructions

- Pay all fees owing to the SNCC on time and understand the potential consequences if negligent
- Understand that regatta fees are not paid by SNCC – these fees should be paid when requested

in a timely manner and understand that no paddler will race until regatta fees are paid in full

- Understand that regatta scratch fees will be paid by SNCC if it is a coaching decision.

Understand that regatta scratch fees will be paid by the parent / paddlers for any missed races for any reason or failure to attend a previously agreed regatta

- Be encouraging of all paddlers

Expectations for Board Members:

- Set the strategic direction for the SNCC
- Define policies related to the SNCC
- Delineate the responsibilities of the board of directors and coaching staff
- Monitor the performance of paddlers, coaches and volunteers
- Manage communication with members and other stakeholders in a timely manner
- Ensure and enforce compliance with policies and regulations
- Maintain confidentiality of board issues as directed when required
- Demonstrate responsibility and ownership for duties performed

- Conduct disciplinary actions as required
- Respond to communications from members in a timely and respectful manner
- Demonstrate enthusiasm for the SNCC

Expectations for Volunteers:

- Take responsibility for any volunteer commitment to SNCC as laid out in the registration package
- Maintain respectful and timely communication with the volunteer coordinator
- Act respectfully towards all members of the public
- Represent SNCC in a positive manner
- Ensure that volunteer hours are logged with the volunteer coordinator in accordance with the volunteer policy in the registration package
- Have fun and enjoy this opportunity to help in the development of paddlers

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