

Final Report: BC Safety Sendout Project

This Final Report follows the structure and format of the Project Narrative, submitted December 2014, and the Interim Report, submitted August, 2015.

Brief Description of Progress

During the course of the *BC Safety Sendout Project*, we

- identified 16 individuals who lead or influence other paddlers
- used the grant money to pay for their attendance at our annual *RCABC Paddle Conference* free of charge
- provided a boating safety syllabus based on known and documented causes of boating deaths
- held a training session specifically for the Sendout participants
- confirmed through testing that participants learned the content
- insured that participants passed their knowledge on to secondary learners
- confirmed through reporting questionnaires
 - o that secondary teaching occurred, and
 - o that the number of secondary trainees exceeded expectations

What we have accomplished

We have trained a group of paddling leaders in order that they could in turn train others about safe boating practices, and we have insured that they have completed this task.

How it has been done so far

I (a) Solicitation and I (b) Selection

On receiving confirmation that our proposal had been accepted and funds were forthcoming, we circulated a request for expression of interest (Appendix 1, *Solicitation*) to our entire membership with the request that members use their own contacts and networks to share it in turn with eligible individuals.

The time constraints from confirming our funding (March 18), being allowed to start the project (April 1) and needing to have trainees registered (April 9) gave us a challenge, and our members came through. We were able to identify 16 qualifying individuals who could reteach the material to the secondary trainees as planned.

II (a) Hosting

Sixteen Sendout trainees attended the RCABC Paddle Conference from April 17 to 19, 2015 on Lake Kawkawa in Hope, BC. They were provided with food, camping or lodging, workshops and seminars through the weekend. As participants of the larger conference, they were asked to help with various other activities; many did and benefited commensurately.

I (c) Syllabus, and II (b) Training

Core Session: The core session was attended by the Sendout trainees only and was held on Sunday April 19, 2015 from 9:00 am to 11:00 am.

In it, trainees were exposed to and able to discuss the leading causes of immersion deaths, the leading kinds of boating accidents that cause death, and the leading risk factors (from Transport Canada and Canadian Red Cross, *Immersion and Trauma Deaths in Canada, 18 years of Research*, 2011). The risk factors were further differentiated as either behavioural or environmental.

Participants were then invited to generate their own recommended actions that would prevent, mitigate or deal with boating accidents above, and a guided discussion ensued.

One week after the core session, all solutions generated and discussed were collated and summarized on one double sided sheet, appended with the Transport Canada and Red Cross statistics and circulated to all trainees. (Appendix 2, *Safety Sendout Content*)

Paddle Conference Sessions: In addition to the core session, Sendout participants were able to attend the entire Paddle Conference and any of its optional sessions free of charge (see Appendix 3, *Paddle Conference Itinerary* and Appendix 7, *Gallery*) As the conference experience and all of its constituent parts dealt primarily with skills and safety, we feel that most if not all of the learning gained over the paddling conference's three days was consistent with and complemented the Sendout message we wished to convey.

III (a) Engagement

Also a week after the training session, the writer contacted all 16 primary trainees to remind them of their commitment to teach others and to request any information about their activities thus far.

How has the project's success and impact been measured?

III (b) Enumeration

Core Session: A written pretest / post-test (Appendix 4, *Pre/Post Test Key*) was devised and conducted immediately before and after the core session in order to determine if learning had occurred. Average scores increased from 5 ½ out of 10 before the session to 8 out of 10 after, a difference of 25% (see Appendix 5, *Pre/Post Test Results*). The facilitators are thus able to conclude that the group benefited from the core session.

Also a week subsequent to the training session, in addition to the summary and reminder mentioned above, the writer circulated a form requesting specific numerical data and anecdotal information. (Appendix 6, *Safety Sendout Report Questionnaire*). As few interim versions were returned by June, the writer concluded that it must be too early in the paddling season for any information to be available yet.

Then, from September to November, 2015, an identical questionnaire was circulated in aid of the project's final report. As of today, Nov 27, 2015, twelve of the sixteen Safety Sendout trainees have responded. The twelve responses to date provide enough information to draw conclusions about whether or not the project's objectives were met. These responses are summarized in the table below and next page.

Summary of Questionnaire Responses

AC taught the Sendout content to 8 Revelstoke Girl Guides for 8 hours.

AF taught the Sendout content to 10 young adults on a week-long canoe trip for the whole week: "Each day, the group would assess the conditions and discuss the safest approach." AF taught jointly with one other Sendout participant.

BQ taught the Sendout content to 50 children during pre-trip dryland sessions for 10 minutes each time. He felt his students were challenged to retain safety information in such a short time when they were more concerned with paddling.

EB taught the Sendout content to 40 staff at an outdoor centre for a total of 30 minutes. . She did so jointly with one other Sendout participant. EB also taught the Sendout content to approximately 1,000 children during 1 hour sessions at the outdoor centre. She thought the effort was "successful and well received."

GB passed on the Sendout content to 4 staff at a camp for a total of about one hour. His expectation was that the four staff would "incorporate the material into a canoeing program which included dry land canoeing principles and safety knowledge. This is normally carried out by 4-5 staff members each leading group discussions to small groups of up to 8 campers."

KD taught the Sendout content to 20 Brownies for 15 minutes each session. "We had a group discussion on land about boating safety. We ...had the girls list the safety equipment we would need. We identified problems that could arise while we were paddling ... and talked about how to minimize the risk." She taught the above in partnership with one other Sendout participant. KD also taught the Sendout content to 3 Rangers over five days of courses and trips. She did so in partnership with two other Sendout participants.

KT taught the Sendout content to 15 teenagers on a two week ocean canoe trip for 1 hour each day initially, tapering to 15 minutes each day. She comments that "The information I received during the session turned out to be very effective and helpful during the canoe expedition. We were able to take the examples discussed around the dangers of exposure and water conditions, as well as all other boat safety practices and apply them directly each day that we were out on trip." She went on to comment, "I think our efforts to teach canoe safety were largely successful.... The youth that were with us demonstrated increased levels of confidence with both boat safety and general knowledge of canoe technique following our trip." KT taught her content in partnership with two other Sendout participants.

LA taught the Sendout content to a group of youth ranging from 10 to 20, spending 30 minutes doing so with everyone, and then when dealing with situations as they arose, 15 minutes each time. "If there were specific situations, particularly on our most recent two night canoe trip, we as a team determined the best and safest course of action, with more discussion if the level of concern allowed for it."

NB taught the Sendout content to 7 peers on a multiday kayak trip for a total of 3 hours. They "were intrigued to hear the general stats behind major boating accidents....The Safety workshop was very helpful for me, and has made me more confident when going out on the water."

NS taught the Sendout content to approximately 200 children at an outdoor centre. She did so with one other Sendout participant. "My goal in teaching the material was to have youth not only understand the safety principles, but also to gain an appreciation for why they are important. I would make efforts to teach through experiences and to habituate youth by giving them leadership roles to continue promoting the principles to their fellow group members."

SW taught the Sendout content to 60 youth and staff members at a camp for a total of 45 hours. He taught in partnership with one other Sendout participant. "Teaching happened both on and off water. We would first discuss topics such as risk prevention and hypothermia briefly before getting on the water to learn how to paddle..... By the end of each trip, I felt comfortable having the youth go through some of the daily checks and pre trip preparations. I felt comfortable with the groups and their own understanding of the value of safe paddling practices, which in turn made each trip a safe and enjoyable experience.... Glad to be a part of this program!...Thank you for putting this all together!"

VF taught the Sendout content to 20 Brownies for 15 minutes each session. She did so in partnership with one other Sendout participant. "we had a group discussion ... about boating safety....and had the girls list the safety equipment we would need. We identified problems that could arise while we were paddling (in this case most likely overturning) and talked about how to minimize the risk (stay sitting, no leaning/reaching, etc.)" She also taught the Sendout content to 3 Rangers during a course and two trips, totalling 5 days. She did so in partnership with two other Sendout participants. "I felt successful in demonstrating/discussing/teaching boating safety in age-appropriate ways to two different groups. In both cases I was able to see girls increase their confidence in their boating abilities as they understood the actions they could take to keep themselves safe."

The results above describe in general terms who the secondary trainees were, how, where and how long they were taught, and the breadth and depth of the teaching.

As the grant application set a goal of 256 secondary trainees (or 16 for each Sendout participant), we are particularly interested in how many secondary trainees were taught at all. Each Sendout participant provided the number of people he or she taught, and some taught in partnership with a second or third Sendout participant. To avoid duplication, the table below groups Sendout participants into their respective teaching situations. Numbers of secondary trainees are then added to yield an estimated total at the bottom.

Estimate of Secondary Trainees

Sendout Participant	Secondary Trainees
AC	8
AF with SW	10
SW	50
BQ	50
EB	1000
EB with one unknown	40
GB	4
KD with VF and LA	23
KT	15
NB	7
NS	200
Total	1407

The total of 1407 secondary trainees estimated here far exceeds the 256 we were hoping to reach.

III(c) Evaluation

We hope that the information presented in this document sufficiently demonstrates that the RCABC's Safety Sendout project has successfully achieved every result it was meant to. To review:

- 1) The Safety Sendout Content (Appendix 2) demonstrates
 - a. that **source material came from** Transport Canada and Canadian Red Cross, *Immersion and Trauma Deaths in Canada, 18 years of Research*, 2011, and
 - b. that **participants discussed and generated ways to mitigate immersion deaths**
- 2) The results from the Pretest and the Post Test (Appendix 5) demonstrate that **participants were able to learn from the material presented**
- 3) The questionnaires returned by participants (table, pages 3 and 4) demonstrate that **participants passed on their knowledge in a variety of paddling settings**, and

- 4) Numbers gleaned from the questionnaires and totalled (table, page 5) demonstrate that **our project's reach among secondary trainees far exceeded our expectations.**

The RCABC would like to thank Transport Canada and the Canadian Safe Boating Council for funding our project. In focusing our efforts on the most common causes of immersion deaths, our aim has been to have as great an influence on as many lives as possible. In reporting the success of our Safety Sendout project, we hope we have successfully met your objectives as well.

Invitation to contact us

If you have any concerns or require any clarification about the above report or the project, you can contact

Kari-Ann Thor kalthors@mac.com

Don Flowers dflowers@cintek.com

David Westell allanmary@shaw.ca

David Westell, Nov 27, 2015

Invoice

Recreation Canoeing Assoc of BC 2304 Dunbar Street Vancouver, BC V6R 3M9		Sales Receipt	
		Date	Sale No.
		5/12/2015	412
Sold To			
Canadian Safe Boating Council Attention: Ian M. Gibson 400 Consumers Rd. Toronto, ON, M2J 1P8			
Cheque No.	Payment Method	Project	
Description	Qty	Rate	Amount
16 participants registration to the RCABC 2015 Paddle Conference	16	155.00	2,480.00
Total			2,480.00
GST/HST No. 850382680			

Appendices

On following pages.

Teaching and Learning Opportunity

RCABC is pleased to offer the

Safety SendOut Program

- Are you between 19 and 29?
- Do you lead, teach or organize canoe activities?
- Do you lack formal certificates or qualifications?
- Do you want to learn new things about paddling safety?
- Are you able to attend our annual Paddle Conference, and take our safety course?
- Are you willing to pass on your new knowledge to your own group?

We are looking for 16 to 20 young adults to attend our Annual Paddle Conference at Hope BC, April 18th to 20th, free of charge.

In return, we want those who attend to take our safety course, teach safety principles to their own paddling group in the course of your routine activities, and to let us know how you have done.

If the *Safety SendOut* interests you, we'd like to hear from you as soon as possible

To express your interest, please contact

Kari-Ann Thor kalthors@mac.com

D Westell allanmary@shaw.ca

Don Flowers dflowers@cintek.com

This project is made possible by funds from

Transport Canada, Office of Boating Safety, and the Canadian Safe Boating Council

Appendix 2, Safety Sendout Content

Safety Sendout Content - April 19, 2015

Manage Behavior (esp. PFD and Alcohol)

Outline clear expectations of behavior

- Have clear policies and procedures
 - o Proper signage
 - o Reference manuals available
- Establish leader and roles of each participant
 - o Lead boat, sweep etc.
- Ensure rules are enforceable
 - o and enforce them
- No one is above safety
- Establish a solid team through team building activities
- Establish a culture of safety

Insure PFDs are worn properly

- Check partners' / children's PFDs
- Insure they fit
- Insure they fasten up without impeding breathing
 - o consider keeping oversized PFDs on hand
- Insure they cannot not come off over head
 - o consider using a crotch strap
- More likely to be worn if comfortable style
- You are not too cool to wear a PFD

Do not allow drinking before or during boating

- "Open cooler after"

Insure the situation is appropriate to paddlers' knowledge and skills

- Do not take paddlers on trips that are too difficult for them
- Do not use or rely on equipment people are not trained to use
 - o Insure that participants understand possible hardships and risks

Restrict games, to safe conditions / situations

- Discourage horseplay and tomfoolery

Be aware that unexpected events can distract participants

- Be attentive to the "whole situation" and mitigate further risk
- Be aware of
 - o false sense of security
 - o forgetting you are in a boat because of excitement

Manage Weight

Know your boat's weight limit

- And how many people it will safely carry

Know your minimum freeboard

- This can change in rough water

Insure optimal weight distribution or trim

- Light bow and weight closer to yoke makes dryer boat
- Avoid paddling on same side
- Avoid reaching out to get things
- Avoid moving around
- Avoid shifting weight too quickly
- Use J lean vs bell buoy lean
 - o Nose is always over the lowest point in the boat

Keep weight low

- Standing, while appropriate sometimes, destabilizes the boat
- Sitting is better, especially when you can sit low
- Kneeling is even better

Communicate with your partner

- When shifting weight
- When embarking or disembarking
- When reaching
- When switching positions

Raft boats for safety

- When switching positions
- When putting rain gear on, or
- In rough water

Learn and practice

- Proper embark and disembark
- Packing methods appropriate to the trip
 - o loose gear vs tethered vs tied down
- Learn braces and use them
- J lean vs bell buoy lean
- Rafting for safety

Manage Waves and Wind (and other Environmental Risk)

Be aware of local conditions

- Check the weather report
- and water conditions
- Know typical conditions where you are paddling
 - o e.g., does wind come up in afternoon?
 - o Is there a headwind on the way back?

Make decisions weather dependent

- change plan if weather changes
- consider not going

Dress for wind and weather

- always have rain gear, windproof layer, hat and spare clothes
- Dress to get wet where appropriate
 - o Dry suit, wet suit

Go only where you know it is safe

- Know your route well
 - o Bring map, compass and GPS as needed
- Know when and how to scout
- Do not take participant where they are not trained to go
 - o Rivers with current or rapids
 - o Rivers with sweepers or other hazards

Manage Equipment

Have policy / rules about equipment

- RCABC Guidelines
 - o <http://www.rcabc.com/~/media/rcabc/RCABC%20Guidelines%20-%202014.pdf>
- Transport Canada Guidelines
 - o <http://www.tc.gc.ca/eng/transportation-safety/transportation-safety-2700-0001.htm>

Do a pre-trip gear check every trip as routine

Manage Trip

Have a trip plan

- Insure everyone understands it
- Have a pre-trip talk
- Have route and timelines in the plan
- Leave a plan with a person
 - o who is land based
 - o and can be contacted
 - o check in with that person as appropriate
 - o

Manage Capsize, Falling Out or Swamping

Have all safety equipment ready before it happens

- RCABC Guidelines
- Transport Canada Guidelines
- Hypothermia kit
 - o Spare clothes
 - o Garden bag to cut wind
- Communication device
 - o 2-way radio, sat phone
 - o Often cell phone is sufficient
- Training for all equipment

Have an emergency Plan

- Consider a written plan
 - o E.g., SG4
- Foresee potential problems in advance
- Determine roles in an emergency before it happens
- Re-Establish leadership
- Apply previously agreed roles
- Follow pre-established policies / procedures
 - o E.g., buddy system
- Stick to plan, but be flexible as situation changes
 - o Assign leader if you are no longer able to lead
 - o Get outside help if the group needs it
 - o Return home if anyone cannot complete the trip

Learn and use reliable rescue techniques

- E.g., canoe over canoe
- Ensure in advance everyone is comfortable with rescue method
- Theoretical rescues do not work!
 - o Rescues must be learned and practiced
- Keep self safe first
 - o be aware others may panic
 - and try to enter boat
 - and not cooperate

Most Common Incidents

**CAPSIZING
FALLING OUT
SWAMPING**

Biggest Risk Factors

**PFD ALCOHOL
WAVES WIND
STANDING UP
OVERLOADED BOAT**

Appendix 3, Paddle Conference Itinerary

	FRIDAY Activity #1 On Water <i>Waterfront Stn A</i>	FRIDAY Activity #2 On Water <i>Waterfront Stn B</i>	FRIDAY Activity #3 On Water <i>Waterfront Stn C</i>	FRIDAY Activity #4 Dryland <i>Chapel</i>	FRIDAY Activity #5 <i>Dining Lodge downstairs</i>	FRIDAY
1000 AM - 100 PM	-----	-----	Lake Water Instructor Recert ALL DAY <i>pre-register</i> led by Sarah Osberg & Peter Hiebert	-----	-----	-----
100 PM - 300 PM	-----	-----	Recert & Lakewater Examiner Clinic led by Roger Warnatsch <i>...continued until 6pm</i>	-----	-----	-----
300 PM	*CHECK IN* (3 PM on) please <i>arrive only from 3pm onwards to the site</i>					
400 PM - 600 PM	Tandem Canoeing Basics Workshop led by Linda Eng	Tandem/Solo Review and Practice Session led by Bill Moore	Lake Water Instructor Recert & LW Examiner Clinic <i>...continued until 6pm</i>	Lakewater Instructor Ideas Session led by Allyson Phillips	Voyageur and Brigade Info led by Ellie James	-----
600 PM	*CHECK IN* <i>continuing from 3pm onwards</i>					
	FRI. EVENING Activity #1 Big Group <i>Dining Lodge upstairs</i>	FRI. EVENING	FRI. EVENING Activity #2 Big Group <i>Dining Lodge downstairs</i>	FRI. EVENING	FRI. EVENING Activity #3 On Water <i>Waterfront Station A</i>	FRI. EVENING

630 PM	<i>DINNER</i>					
730 PM - 800 PM	Introductions & Orientation led by Paddle Conference Committee	-----	-----	-----	-----	-----
800 PM - 830 PM	Mixer Games led by Jean Chandler	-----	-----	-----	Night Hawk Guided Lake Paddle led by Jim Slade & John Marien (bring lights)	-----
830 PM - 930 PM	-----	-----	Slide Show "NWT - Anderson River" led by Hugh Westhauser	-----	Night Hawk Guided Lake Paddle ...continued	-----
930 PM	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>
930 PM - 1100 PM	Irish Ceili Dances & Sun and Water/ Boat and Moon Songs Singalong with caller Kari-Ann and live music and song circle led by Jane Slemon & Bob Ennenberg	-----	-----	-----	-----	-----

	SATURDAY Activity #1 On Water Waterfront Station A	SATURDAY Activity #2 On Water Waterfront Station B	SATURDAY Activity #3 On Water Waterfront Station C	SATURDAY Activity #4 Dryland Chapel	SATURDAY Activity #5 Presentation Dining Lodge downstairs	SATURDAY Activity #6 Special Meet in Dining Lodge
630 AM - 800 AM	Early Bird Guided Paddle led by Larry Hemmingson & Kāri-Ann Thor	-----	Early Bird Big Boat Guided Paddle led by Ellie James	Wake-Up Session Stretch & Strength led by Chris Davy (7-8am) (bring a mat)	-----	-----
800 AM	<i>BREAKFAST</i>	<i>BREAKFAST</i>		<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>
900 AM - 1100 AM	Solo Canoeing Basics Workshop led by Don McCallum & Jim Slade	Portaging Techniques Workshop led by George Berking	-----	-----	Instructor AGM *Door Prizes* chaired by Roger Warnatsch (in larger room)	Scavenger Hunt & Easter Egg Hunt *Kids and Teens* led by Keri Tomlinson

1100 AM - 1230 PM	Tandem Canoeing Basics Workshop led by Ben Quinn & Linda Eng	Instr. Refresher: Advanced Solo Strokes led by Allyson Phillips & Jennifer Eastwood	Big Boat Canoe Lessons led by Alan Thomson	River Paddling Hazards Workshop led by Rick Bryan & Ron Watteyne	Slide Show: "Albany River" led by George Berking (1115am-1230pm)	Boat Build/Float Challenge *Kids of all ages* Nicole Stevens & Erin Brodin
1 PM	<i>LUNCH</i>	<i>LUNCH</i>		<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>
2 PM - 330 PM	Tandem Sculling Draws and Prys led by Tom Alexander & Bill Moore	Solo Reverse Paddling led by Leonard Thor & Kāri-Ann Thor	Canoe Sailing led by Jim Hartwick	"Club Meeting - Brainstorming Session" (for any members of paddling clubs) led by Jeff Rabinovitch	Slide Show: "Nation Lakes" led by Madeline Waring (2-315pm)	Nature Games *Kids of all ages* led by Amelia Frame & Gillian Buick
330 PM - 500 PM	Canoe Games Workshop led by Nicole Stevens & Sebastian B.-Wong	Advanced J- Strokes Workshop led by Jim Boyde & Leonard Thor	Big Boat Guided Lake Paddle led by Ellie James & Alan Thomson	Tarpology Workshop (methods for setting up tarps w/out trees) led by Don McCallum	Slide Show: "Nahanni River" led by Leah Wong (345-5pm)	"Leave No Trace" Activities *Kids of all ages* led by Shiraz Jahoor

	SAT. EVENING Activity #1 Big Group <i>Dining Lodge upstairs</i>	SAT. EVENING	SAT. EVENING Activity #2 Big Group <i>Dining Lodge downstairs larger room</i>	SAT. EVENING	SAT. EVENING Activity #3 On Water <i>Waterfront Station A</i>	SAT. EVENING
530 PM	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>
630 PM - 830 PM	-----	-----	Annual General Meeting <i>(open to everyone but must be an RCABC member to vote)</i> *Door Prizes* chaired by Käri-Ann Thor & Tony Shaw	-----	-----	-----
830 PM	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>	<i>SNACK</i>
830 PM - 1000 PM	Square Dance with caller and music led by Guest Caller Ken Mellech <i>(just bring your dancing feet)</i>	-----	-----	-----	Night Hawk Guided Lake Paddle led by Sebastian B.-Wong & Ben Quinn <i>(bring lights)</i>	-----
1000 PM - 1100 PM	Story Telling: “Arctic Tales” led by Hugh Westhauser & Jim Boyde	-----	-----	-----	-----	-----

	SUNDAY Activity #1 On Water Waterfront Station A	SUNDAY Activity #2 On Water Waterfront Station B	SUNDAY Activity #2 On Water Waterfront Station C	SUNDAY Activity #3 Dryland Chapel	SUNDAY Activity #4 Presentation Dining Lodge downstairs	SUNDAY Activity #5 Special Meet in Dining Lodge
630 AM - 800 AM	Early Bird Guided Paddle led by Jennifer Eastwood & Shiraaz Jahoor	-----	Early Bird Big Boat Guided Paddle led by Alan Thomson	Wake-Up Session Stretch & Strength led by Chris Davy (7-8am) (bring a mat)	-----	Nature Walk/ Birding led by Adrian Grant-Duff
800 AM	<i>BREAKFAST</i>	<i>BREAKFAST</i>		<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>
900 AM - 1100 AM	Tandem River Paddling Basic Manoeuvres led by Ron Watteyne & John Marien	Intro to Canoe Poling Workshop led by Leonard Thor & Alan Thomson	Big Boat Canoe Lessons led by Ellie James	"Safety Send Out" Safe Boating Training for SOS Delegates led by Dave Westell & Rick Bryan	Slide Show: "Love in Rapids" led by Freda & Ted Mellenthin (915-1045am) <i>*books for sale*</i>	Nature Scenes Diorama *Kids led by Leah Wong
1100 AM - 100 PM	Rescues and Bracing Clinic led by Roger Warnatsch & Tom Alexander	Instr. Refresher: Teaching Tips led by Jim Boyde & Larry Hemmingson	Canoe Sailing led by Jim Hartwick	Tips on Canoe Tripping Workshop led by Madeline Waring	Slide Show: "Bonnet Plume River" led by Tony Shaw (1115am-12pm <i>Repeated 1215-1pm</i>)	Guided Walk to Hope Lookout rail led by Jean Chandler
130 PM	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>
200 PM	<i>CLOSING COMMENTS</i>	<i>CLOSING COMMENTS</i>	<i>CLOSING COMMENTS</i>	<i>CLOSING COMMENTS</i>	<i>CLOSING COMMENTS</i>	<i>CLOSING COMMENTS</i>
300 PM	*CHECK OUT* 3 PM	*CHECK OUT* 3 PM		*CHECK OUT* 3 PM	*CHECK OUT* 3 PM	*CHECK OUT* 3 PM
300 PM - 430 PM	-----	-----		-----	RCABC Executive Meeting chaired by Tony Shaw	-----

Key

- 1) What are the two most common causes of death when boating?

Hypothermia

Drowning

- 2) What is the most common type of incident that causes deaths in boats?

Capsize

- 3) Given that there are several risk factors that contribute to any accident,

- a) what behavioural factor is most prevalent in boating deaths?

Not wearing life jacket

- b) what environmental factor is most prevalent in boating deaths?

Waves

- 4) What are two good ways to prevent falling in the water?

Low centre of gravity

Brace

J Lean vs Bell Buoy Lean

...Others as appropriate

- 5) What are three good ways to prepare for a boating accident?

Safety talk

Lifejackets

Three boats

**Reliable Rescue Plan ...Others
as appropriate**

Appendix 5, Pre/Post Test Results

	Pre Score	Post Score	Diff	% increase
	5	5	0	0
	1	10	9	90
	8	9	1	10
	5	5	0	0
	7	6	-1	-10
	7	7	0	0
	5	9	4	40
	3	9	6	60
	7	7	0	0
	7	10	3	30
	5	8	3	30
	6	9	3	30
	5	8	3	30
	6	10	4	40
Tot	77	112	35	25

Results for 14 of 16 trainees above show mean post test increase of 2 ½ points out of 10, or 25%. Of the two untested trainees, one did not complete the test due to a literacy problem, and one did not complete it due to a scheduling conflict.

Appendix 6, Safety Sendout Report Questionnaire

Safety Sendout Report Questionnaire (June)

Below, I have provided a form to make reporting easy. Please provide the best answers you can. If you feel it does not capture what you have done or are doing, you can use the space under the last heading, *Other Comments*.

Participant's Name

You wrote a paragraph describing how you would reteach the things you learned to other paddlers. Are there any changes to your expectations around this?

So far, with how many people have you shared skills or knowledge about preventing, minimizing or dealing with risk factors or adverse events?

How did you teach it? Can you give typical example(s)?

Approximately how much time did you spend imparting the information?

By Example

By demonstration?

By discussion?

By other means

Specify

If you taught as a team with another Sendout participant, for what percentage of the time?

Can you comment on the success or your efforts so far?
Any problems or challenges?

Other comments?

Appendix 7, 2015 Paddle Conference Gallery

(photos courtesy of Linda Riddell, Jeff Rabinovich and David Westell)



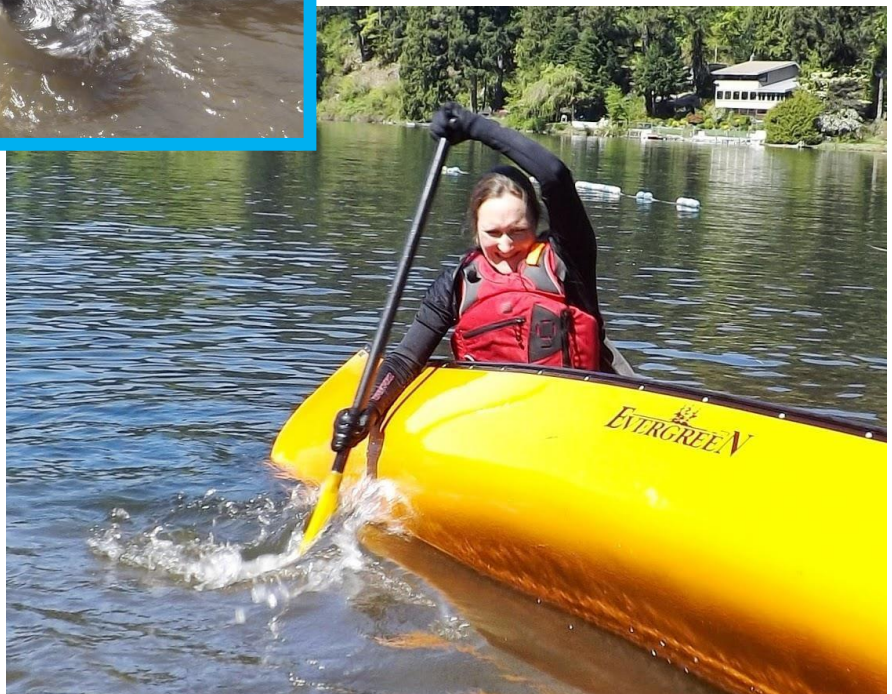
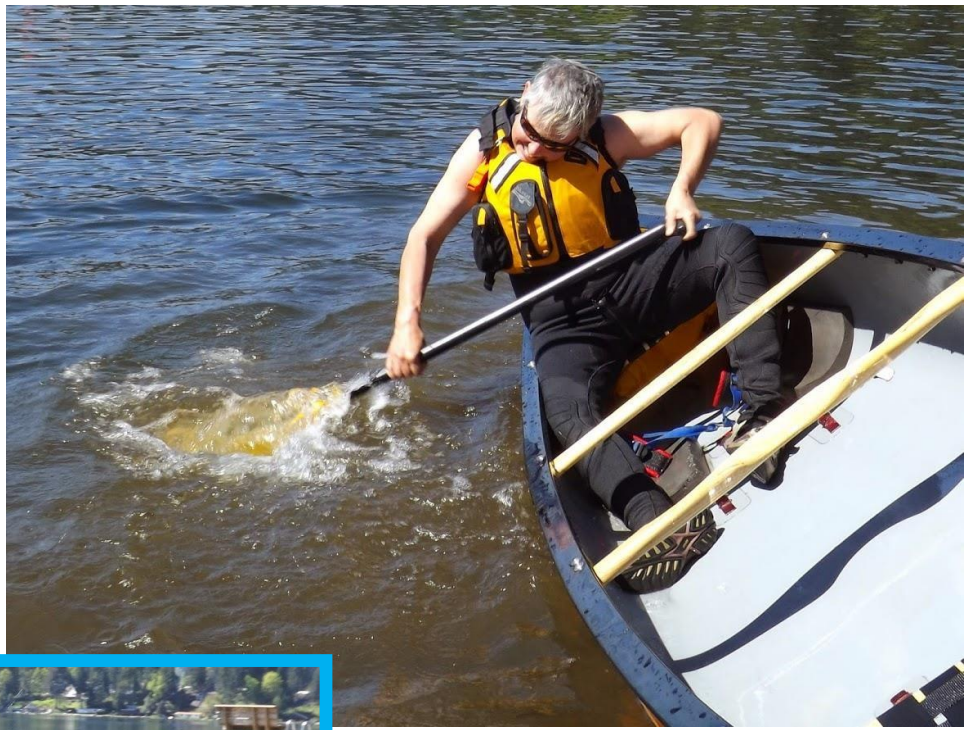






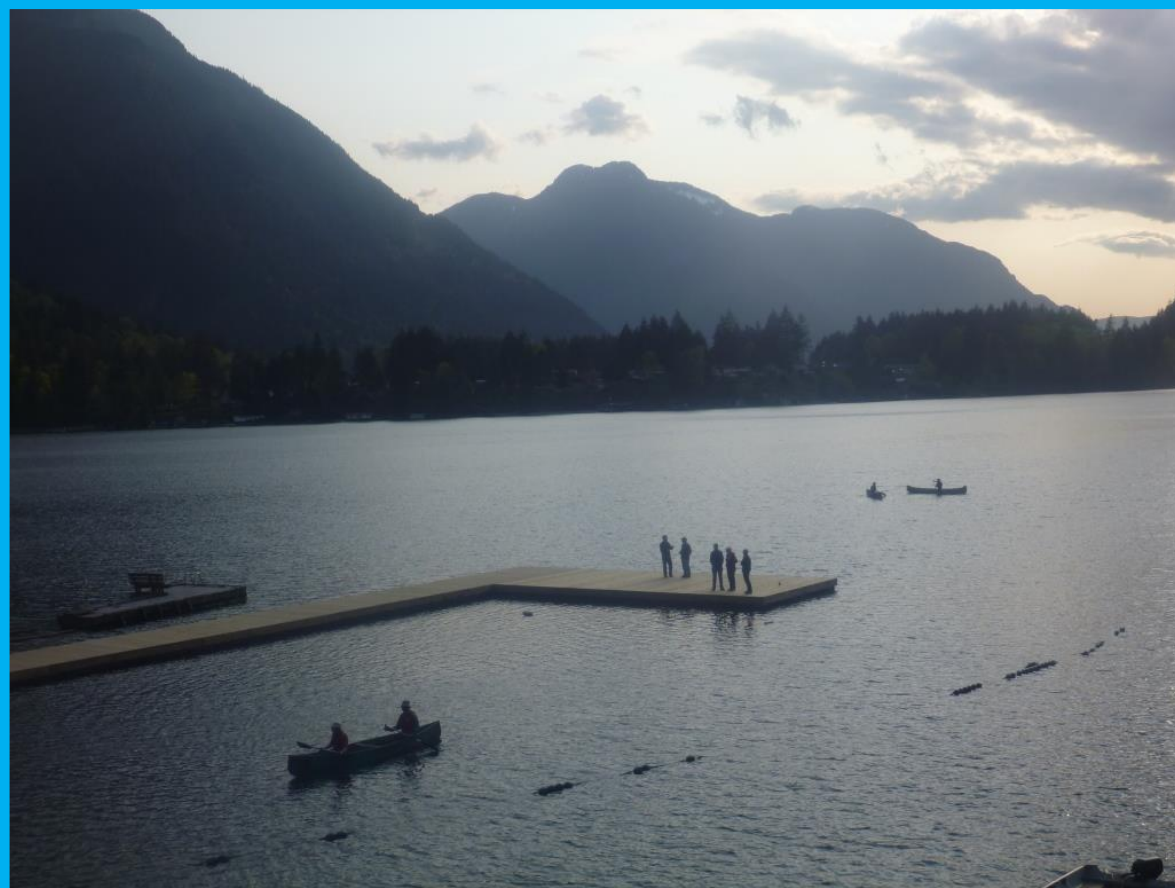












Safety Sendout Interim Report – Aug 11, 2015