

## **Canoeing risk issues: how could this happen?**

How could this happen? How likely is it? How would we know we're at risk?

- ❑ hail
- ❑ lightning
- ❑ heat or cold
- ❑ high winds
- ❑ heart attack
- ❑ appendicitis
- ❑ hypothermia
- ❑ cuts
- ❑ embedded fish hooks
- ❑ burns
- ❑ bee & insect stings
- ❑ falls
- ❑ encounters with wildlife

How could we handle medical evacuations?

How could we handle search & rescue?

How could we prevent problems?

- ❑ know 1<sup>st</sup> aid
- ❑ have CPR training
- ❑ purify all drinking water (Polar Pure iodine-based)
- ❑ wash & rinse dishes thoroughly
- ❑ no tolerance for tobacco, alcohol or drugs
- ❑ no tolerance for abuse (physical, sexual, emotional – hazing)
- ❑ carry prescription drugs (twice as much, split) (if allergic, an anaphylaxis kit)
- ❑ PFDs @ all times on the water
- ❑ shoes @ all times, even while swimming
- ❑ no whitewater, no exceptions
- ❑ buddy boats
- ❑ safety afloat & safe swim defense

## **Canoeing risky scenes: what would you do? What would your crew do?**

1. Sam's trying hard to lift the boat out of the water at the portage, but it starts to slide into the rocks. The other guys have started up the trail. Sam's getting exasperated, he's hot and he's tired of hefting the boat alone.
2. Jerry decides he needs to make a fire stick just like the Indians had. He gets out his knife, and cuts some pieces of wood that look just right. He kneels at the side of the water & starts to carve over his lap, but the knife slips and cuts deeply into his quad just above the knee.
3. Peter, one of the adults, has been hiking for nearly 20 minutes up and down a rocky portage trail in the rain. He's sure going to be glad to get to the put-in. As he's coming downhill, he steps down from a rock in the midst of the trail & slips into a hole. He spins and twists from the weight of the pack. His ankle makes a strange noise and begins to swell up with pain.
4. Bert, one of the smaller guys on the crew, is always rushing to get done so he can have fun. He's just dumped all the stuff he carried up from the landing in a heap, run to the rock ledge at the edge of the campsite, and is preparing to leap over the 15-foot precipice into the clear blue water below.
5. It's been gray, a bit windy and humid, and Eddie and Bill are paddling back from their fishing expedition. They've got about 15 minutes to go, they'd estimate, to get back to camp. In the background, over their shoulder, they see clouds beginning to bubble up and darken. The wind strengthens, they hear a rumble, and see lightening crack through the sky just over the shore behind them.
6. Jack's been paddling with Tom for most of the first day out on trek. Jack's getting a little tired of Tom always switching paddling sides, and besides he sees nearly no progress against the waves and wind. And worse yet, Jack's beginning to get a huge blister on the palm of his right hand from the stupid paddle.
7. Perry is supposed to do the dishes after breakfast. Everyone had agreed to get stuff done quick so they could get out to pick the blueberries. As Bud begins to put gear into the gear pack, he sees that the pots still have egg bits and grease on them. An adult walks over and sees the same thing.
8. It's eight at night, and shadows have lengthened along the shore. The early dinner was great, but Al and Len haven't gotten back from their evening paddle. They've been out since six. One of the guys has been giving a loud call down the lake for about 15 minutes, but there's been no answer. Another guy remembers hearing talk about the waterfall on the next lake over, up and over a 1/2 mile portage trail.