

Subject: Whispering Pines Lifesaving Society - Boat Rescue Award Course

Date: Saturday/Sunday - June 21-22, 2003

OR

Saturday/Sunday - August 23-24, 2003

Location: Whispering Pines Camp (near Murphy's Point Provincial Park)

Cost: \$30.00 (As this is in a camp setting, participants are responsible for their own food and camping equipment.)

Course Details:

1. For the course, a Coleman stove will be set up and available throughout the day for coffee, tea, etc. The deal: we will provide the water, the stove, and the fuel, you provide a mug and ingredients to go in the mug (coffee, tea, sugar or sugar substitute, milk or milk substitute, hot chocolate, soup, etc).
2. For the Boat Rescue course(s), you are required to provide: swimming gear (swim suit and towels), a PFD, and spare clothing (footwear, pants, and a shirt) which you will be required to wear in the water. If you do not have a PFD, it will be your responsibility to beg, borrow, or rent one. (Stealing is not encouraged !!) Also, bring a spare plastic bag to carry home your wet equipment/clothes.
3. You are ENCOURAGED to provide your own equipment (canoe, paddles, and other stuff you might keep with your craft - heaving line/throw bag, bailer, whistle, etc) for the course. It is conceivable that you would be using it in real rescue situations. **Please advise the course leader** on whether or not you will be bring/not bring equipment as well as your skill level.
4. This course is RAIN or SHINE !!! (The only reason we will cancel the course is if it is apparent that thundershowers with lightning will affect the safety on the course. If you are uncertain, you can phone the Course Leader to confirm if the course is not going ahead.)
5. The course is set to cover the requirements for the Lifesaving Society (of Canada) Boat Rescue Award. As with all Lifesaving Society courses, the Boat Rescue Award is a **PASS/FAIL** course. Active participation is necessary for appropriate assessment of rescue skills and poor performance as either a rescuer or a victim is grounds for failure. Upon **successful** completion of the Boat Rescue Award portion, you will be receiving a cloth crest (suitable for wearing on your uniform) and a certificate. Scouting strongly recommends that all activity leaders having responsibility of Scouting groups engaged in water activities involving water craft should possess these, or similar, qualifications. The duration of the course depends upon the conduct of the course candidates. People are encouraged to network during the weekend as well as try out different types of canoes/paddles. We ask that you ensure that you come with a FUN oriented attitude to share your skills and experiences with others.

Some Recommendations:

1. We recommend that you wear comfortable attire at all times. To ensure this, we suggest that you have a rainsuit or some other wetwear for the rescue scenarios. For the entire course, you may wish to have available extra towels or blankets for occasions when you are wet. You might also ensure that you have available sunglasses, a broad brimmed hat, and sunscreen. In essence, dress for the weather!
2. You may wish to bring a blanket/foam pad when you will be practicing first aid/AR during the morning

and during the scenarios. You might also want to bring along some beach wear in the event of cool/windy weather. We also recommend that if you have available a rain-suit or similar equipment, that you may want to bring it to wear in the water to prevent hypothermia during the late afternoon sessions.

3. You might want to bring along a lawn chair for some of the dryland sessions which will be held on the Saturday morning. (You'll certainly prefer to have it unless you like to sit on logs.)

4. As you will be burning a lot of calories during the weekend, we recommend that you have a good supply of foodstuffs (including water) to quickly replace calories expended. During the course there will a stove to heat up water but it is your responsibility to provide ingredients (see previous page). We also recommend that you bring some fast energy food (chocolate bars, trail mix, etc) which can be consumed throughout the course. **This is one course where eating during the weekend will be encouraged. (We realize that this is something we typically discourage among our more youthful campers.)**

5. Lastly, we would recommend you bring a clipboard/binder containing paper. Although note taking is NOT essential, you may wish to take some anyways. You will be receiving a course booklet with relevant course material.

COURSE PHILOSOPHY

The success of this course depends upon YOUR ACTIVE PARTICIPATION. As trainers we do not assume to know everything and will depend upon you to provide insight where our skills, knowledge, and experience may be deficient. Furthermore, your questions will be answered to the best of our abilities but we recognize that other sources may improve upon our attempts to resolve your concerns. The bottom line depends upon YOU to ask questions, raise discussion points, and to share with others.

Yours in Scouting,

Stewart Ross
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Training Team:

Course Leader:	Stewart Ross
Proposed trainers:	Hope Gray Chris Pardy