



# St. John Ambulance

## Council for Ontario

**Camp Accreditation Course – Canoe Training**  
**Earl Rowe Provincial Park, Ontario**  
**September 10<sup>th</sup> through September 12<sup>th</sup>, 2004**

Dear Leaders:

St. John Ambulance, Council for Ontario is hosting a canoe-training weekend for any members/leaders (18 years of age or over) who wish to improve their personal skills and for those considering taking their Division on a canoe trip or integrating some water activities into their upcoming camps.

This is an excellent opportunity for leaders to learn how to: maneuver a canoe safely, perform canoe rescues, learn paddling techniques, consider transportation requirements, care of equipment use/care, learn government regulations, consider outdoor precautions/awareness, trip planning, navigation and much more.

Participants must have St. John camping experience (more than 3 camping outings) and/or hold at least a Level One, as no camping skills will be taught on this weekend, unless it is related to this course. This course opportunity is considered an extra course module to provide an enrichment opportunity for our leaders.

The training will take place at Earl Rowe Provincial Park, located on 7th Concession Line, 1 mile north of Hwy # 89 in Adjala-Tosorontio Township (map enclosed). Arrival time will be on Friday September 10, 2004 between 7-9 pm. Departure time will be on Sunday September 12<sup>th</sup>, at 3 pm.

The cost of this course is \$140.00 per person, which will cover all meals (Saturday and Sunday), training material, canoes and equipment (PFD's & paddles) and Ontario Recreational Canoeing Association Certification.

Each participant will be responsible for their own meal on Friday night and transportation to and from the course. Some of the meals will be typical examples of canoe tripping meals. Participants are encouraged to bring their own tents and PFD's but the park will provide canoes and paddles. Should you require assistance with equipment, please contact us in advance.

Please find an application form, medical information form, a kit list and general rules for camps included.

**All forms must be returned in full and with payment in full to the address shown below by no later than August 31, 2004. Deadline cannot be extended and is limited only to the first 20 applicants.**

Respectfully,

Don Smith  
Ontario Provincial Youth Officer

Mailing Address: CAC – Canoe Training – St. John Ambulance – Ontario Council  
46 Wellesley Street East, Toronto, Ontario M4Y 1G5

Questions may be directed via email to Ms. Janis Thomson at [jthomson99@hotmail.com](mailto:jthomson99@hotmail.com) ( please copy to Mr. Smith at [dsmith@on.sja.ca](mailto:dsmith@on.sja.ca)) or by phone to the Community Services Department at 416-923-8411 or 1-800-268-7581



# St. John Ambulance Saint-Jean

## Council for Ontario

### Canoe Training Application

Name \_\_\_\_\_ Unit/Division \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_

Postal Code \_\_\_\_\_ Home Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Contact Phone \_\_\_\_\_

Gender M F Age \_\_\_\_\_ Years in SJAB \_\_\_\_\_

Experience CAC Level (currently hold) 1 2 3  
Total Nights Camping \_\_\_\_\_

Canoeing Current Certificates \_\_\_\_\_  
# of Trips with Family/Personal \_\_\_\_\_  
# of Trips/Which Youth Group \_\_\_\_\_

*A complete set of forms and payment must be sent for each participate in this event and there is a maximum numbers of participates that can attend. Spaces will be on a first come basis.*

1. I have accurately completed the enclosed MEDICAL FORM.
2. I understand that participation in all parts of the training is necessary and a certificate will be granted upon successful competition of course requirements.
3. I have enclosed a cheque or money order made payable to “St. John Ambulance – Council for Ontario – Canoeing” in the amount of \$140.00. Cancellations may not qualify for refunds, depending on our ability to fill your spot.
4. I need special consideration due to the following situation [diet/medical/religion/other].
5. By signing this form, I have read, understood and agree that I shall abide by all the attached rules while attending camp. While I understand that every reasonable precaution will be taken by leaders/Officer-in-Charge, should an accident or illness occur, I would not hold the leaders/Officer(s) nor St. John Ambulance responsible. I further acknowledge that if I am required to be sent home, this will be arranged at my own expensive.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

## Camp Accreditation Course – Canoe Training

### KIT LIST

**Note:** Clothing displaying profanity, racial, offensive or sexist remarks shall not be permitted to be worn by any participant. Interpretation of such materials will be at the discretion of the Camp Administration.

- Sleeping Bag or Bed Roll
- Sleeping Pad and 2 Ground Sheets
- Sleeping Wear (suitable for time of year)
- Underwear
- Socks
- Boots or Shoes (one pair for canoeing)
- Shorts
- Pants (bring a pair of jeans for training)
- Long sleeve shirts
- T-Shirts
- Swim Suit
- Personal Floatation Device (if you have one)
- Warm Hooded Sweater
- Warm Jacket
- Raincoat, rain hat and boots (a must)
- Mess Kit (in a mesh bag)
- Toilet articles, towel and face cloth
- Flash light and extra batteries
- Insect repellent and sun screen lotion
- Note book, pencil/pen
- Sun hat (sun visors not recommended)
- Folding Camp Chair (optional)
- Pillow or Pillow Case (optional)
- Camera, extra batteries and film (optional)

### Note:

- There are designated outdoor washrooms on the campsite. Shower facilities are available.
- Leaders leaving site for any reasons are expected to advise the Officer-in-Charge or designate.
- Recommended that only one piece of luggage is brought
- Participants are responsible for their own belongings.
- Personal belongings, including any electronic devices, money and equipment are the responsibility of each participant and disrespect of others belonging will not be tolerated.