



# St. John Ambulance Saint-Jean

## Council for Ontario

### CAC Course - ORCA Canoe Training Weekend

St. John Ambulance of Ontario is providing an Ontario Recreational Canoeing Association (ORCA) based canoe-training/camping weekend for Adults (age 18 or older), in Cadet, Patient Care and Therapy Dog Units. ORCA certification is required for leaders interested in taking any member of St. John Ambulance canoeing in Ontario.

Some of the subjects/skills taught during this weekend include: how manoeuvre a canoe safely, canoe rescues, paddling, transportation, equipment use/care, government regulations, outdoor precautions/awareness, trip planning and much more.

Since this weekend involves camping, participants are to have camping gear and some camping experience as no camping skills will be taught on this weekend, unless it is related to this course.

The training will take place at Earl Rowe Provincial Park, located on 7<sup>th</sup> Concession Line, 1 mile north of Hwy # 89 in Adjala-Tosorontio Township (map enclosed). Arrival time will be on Friday June 3, 2005 between 6-8 pm. Departure time will be on Sunday June 5, 2005 at 2 pm.

The cost of this course is \$140.00 per person, which includes meals (Saturday and Sunday), training material, canoes, PFD's, paddles, ORCA Certification, etc.

Each participant will be responsible for their own meal on Friday night, transportation to and from the course and vehicle parking fees (carpooling is highly recommended – parking fees are \$5.00 per night per vehicle). Some of the meals will be typical examples of meals found on canoe tripping menus.

Please find attached the application form and medical information form.

All forms must be returned in full with payment to the address shown below by no later than May 15, 2005. Deadline will not be extended and the class size is limited to 20 participants. A confirmation letter with the remaining information documents will be sent when your registration is received by Council for Ontario.

If there are any questions regarding this training, please contact Brian Cole in the Community Services Department at St. John Ambulance Council for Ontario, 1-800-268-7581 x243.

Respectfully,

Doug Keith  
Ontario Provincial Youth Co-ordinator

Mailing Address: CAC – ORCA Canoe Training – St. John Ambulance – Ontario Council  
15 Toronto St., 8<sup>th</sup> Floor, Toronto, Ontario M5C 2E3



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### CAC Course - ORCA 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. 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



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### CAC Course – ORCA Canoe Training Weekend General Camp Rules

1. All members, including Officers, shall submit a signed copy of the appropriate Agreement/Permission form indicating that they have read and agreed to the rules.
2. All members shall submit a properly completed, accurate and signed Medical Information with the application prior to the event. This form shall be held by the Camp Medical Officer and shall be kept in confidence at all times. Disclosure of all pertinent medical conditions and treatment is required to ensure the safety of the participants.
3. For the purpose of these General Camp Rules, the phrase “Officer(s)-in-Charge” refers to the Provincial Youth Coordinator and Camp Chief.
4. Any sickness or accident must be reported to the Medical Officer and Officer(s)-in-Charge. All participants are encouraged to use our Medical Services, should medication require refrigeration or the participants require supervision or assistance with their medication usage.
5. All participants throughout the camp expect appropriate standards of behaviour for camps.
6. The Tobacco Control Act of Ontario was passed in 1994 and prohibits smoking in many public places, including schools and on school property; as well, prohibits selling or supplying of tobacco products to anyone under 19 years of age; guardians and parents are not exempted from this laws.
7. In light of our location and our concerns, smoking will only be permitted in designated outdoor common areas.
8. Any use or possession of illicit drugs or medications, which are deemed to not be for documented medical use purpose in question by the participants, in question will face immediate removal from the camp.
9. There shall be no alcohol consumed by any participant over the duration of the event.
10. Additional rules may be implemented as required for the safety and well being of the participants.
11. Participants shall remain with/at the camp unless given permission to leave by the Officer(s)-in-Charge. Participants who fail to conduct themselves in an acceptable manner, or by action or inaction endanger themselves or others, shall be required to leave under his/her own expense.