

RACCC Lakewater Training: Paddle Canada Certification Courses: CHECK LIST

√	WHAT YOU NEED TO BRING: Tandem and Solo: LAKEWATER PADDLING SESSIONS:	
	Paddle Canada Certification Courses: Waiver Form: BRING WITH YOU TO THE COURSE!	
	COVID MASK	<ul style="list-style-type: none"> Follow the current RACCC Covid Protocol
	Paddle and PFD: (PFD: Personal Flotation Device –a “lifejacket”)	<ul style="list-style-type: none"> It is important that you are comfortable in your PFD: you will be wearing it throughout the course. The RACCC has paddles and PFD’s that students can use during the course. *NOTE: We recommend you don’t purchase these until after the course as we will provide tips on how to choose a PFD and Paddle. We encourage you to have your own PFD and Paddle.
	Pea-less whistle	<ul style="list-style-type: none"> All participants need to have their own (pealess) whistle attached to their PFD. (e.g. a Fox Whistle – available at outdoor equipment stores)
	Lunch and snacks	<i>NOTE: we will not be near any restaurant or store</i>
	Medications	<ul style="list-style-type: none"> Make sure this is waterproofed. Please advise the lead instructor where it is stored, in case we need to assist you.
	Water	<ul style="list-style-type: none"> 2 Litres per day (more if it is a hot/sunny day.) (with some way to attach it to your bag)
	Sun protection:	<ul style="list-style-type: none"> a hat, sunscreen, sunglasses
	Bug protection:	<ul style="list-style-type: none"> bug repellent bug jacket or Long sleeved shirt, long pants (quick dry)
	Weather appropriate clothing	<ul style="list-style-type: none"> Be prepared for heat, cold, rain, sunshine Cold weather layers (merino wool or polypropylene) : light base layer, medium layer, fleecie or wool sweater, wind jacket Hot weather: cotton or quick dry shirt and shorts or pants
	Rain coat and pants	<ul style="list-style-type: none"> Be prepared for rain
	Glasses Band or string	<ul style="list-style-type: none"> To keep your glasses on while canoeing
	Footwear	<ul style="list-style-type: none"> Be prepared to get your feet wet Wear quick-dry and/or wool socks with any one of (in order of recommendation): <ul style="list-style-type: none"> neoprene socks with water shoes or neoprene booties old sneakers crocs or sandals (in warm weather and water conditions)
	Waterproofed bag or dry bag	<ul style="list-style-type: none"> To organize your things in the canoe with you. <ul style="list-style-type: none"> Make sure your electronic keys and phones are in a waterproof container! Do not bring valuables to the course.
	Dry Clothes and towel	<ul style="list-style-type: none"> in case of an accidental swim
	Foam pad or knee pads	<ul style="list-style-type: none"> To kneel on. (this is optional – but very helpful!)
	Solo Courses: ‘saddle’	<ul style="list-style-type: none"> A drybag stuffed (sleeping bag or Bubble wrap) 15-20” diameter
	Cash	<ul style="list-style-type: none"> To contribute to transportation and parking costs.
√	FOR THE POOL SESSIONS: (to include: Swim, PFD use, Canoe over canoe)	
	<ul style="list-style-type: none"> Bathing suit or wetsuit, PFD, towel (water shoes are optional). <p><i>NOTE: Canoe rescues and in water entries will result in “undignified positions” : you may want to wear shorts or capris over your swim suit.</i></p>	

