

## Trip Ratings (KAYAK)

**Trips can be affected by weather conditions (particularly wind) and tidal currents. Participants must have adequate clothing, water and food supplies and are responsible for ensuring that they have the appropriate equipment and that it is in good working condition and they understand its use. Trip participants are expected to paddle with the group in a format suitable to the conditions (large crossings, boat traffic, wind waves and swells, etc.).**

**PERSONAL FLOATATION DEVICES (PFDs) MUST BE WORN AT ALL TIMES**

**Participants are responsible for their own training and personal safety.**

A separate Trip Release Form must be signed by each individual participant for each day of a multi-day trip.

NOTE: Requirements listed are cumulative – e.g. Rating 3 implies Rating 2 requirements plus....

Rating	Class	Paddlers must be able to:
1	Day Paddle Easy	<ul style="list-style-type: none"> <li>• Use required and recommended safety equipment: pump, tow rope, PFD, paddle float, stirrup.</li> <li>• Enter their kayak from shoreline or dock.</li> <li>• Exit their overturned kayak (wet exit) and re-enter with assistance.</li> <li>• Paddle in calm water using rudder for up to 4 hrs.</li> <li>• Dress correctly for the conditions and water temperature (neoprene and other protective clothing available).</li> </ul>
2a	Day paddle Intermediate	<ul style="list-style-type: none"> <li>• Paddle in light winds (to 10 knots) and waves to 0.5 m.</li> <li>• Paddle in a straight line without the use of their rudder.</li> <li>• Wet exit and re-enter their kayaks.</li> <li>• Use the draw strokes, low and high brace.</li> <li>• Paddle up to 5 hours.</li> <li>• Paddle in open water and crossings in light to moderate winds up to two nautical miles.</li> </ul>
2b	Multi-Day Basic Tripping	<ul style="list-style-type: none"> <li>• Meet all requirements of 2a, plus:</li> <li>• Have a basic understanding of tides, currents, weather conditions/forecasting, and navigation.</li> <li>• Load kayak for tripping.</li> <li>• Assist in establishing camp efficiently and with low impact recommended camping procedures, including predator avoidance.</li> <li>• Suitably dress and be equipped for extended paddles and overnight trips in varying conditions of weather and sea.</li> </ul>
3	Day paddle Advanced	<ul style="list-style-type: none"> <li>• Paddle and turn in moderate winds (gusting to 20 knots) and wave/swell heights up to 1 m.</li> <li>• Confidently wet exit and re-enter kayaks and be able to assist others in rescues.</li> <li>• Confidently use of common paddle strokes.</li> <li>• Paddle in tidal currents.</li> <li>• Paddle up to 6 hours.</li> <li>• Paddle in open water and crossings in varying conditions over two nautical miles.</li> </ul>

4	Tripping	<ul style="list-style-type: none"> <li>• Have a basic understanding of tides, currents, weather conditions/forecasting, and navigation.</li> <li>• Load kayak for tripping.</li> <li>• Paddle their loaded kayak in waves up to 1 m. with moderate swells for up to 6 hours.</li> <li>• Assist in establishing camp efficiently and with low impact recommended camping procedures, including predator avoidance.</li> <li>• Suitably dress and be equipped for extended paddles and overnight trips in varying conditions of weather and sea.</li> </ul>
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5	Tripping Advanced	<ul style="list-style-type: none"> <li>• Demonstrate a working knowledge of tides, currents, and weather.</li> <li>• Navigate using charts and compass (GPS).</li> <li>• Use and are licensed for VHF communications.</li> <li>• Paddle in waves up to 1.5 m with moderate swells and winds gusting to 20 knots for up to 8 hours. Paddle at a high level of skill using required paddling strokes and rescues.</li> <li>• Surf land and launch – helmet recommended.</li> <li>• Organize and establish a safe and effective camp in all weather conditions.</li> </ul>
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## Trip Ratings (CANOE)

Trips can be affected by weather conditions (particularly wind), tidal currents, and river levels. Participants must have adequate clothing, water and food supplies and are responsible for ensuring that they have the appropriate equipment in good working condition and understand its correct use. Trip participants are expected to paddle with the group in a formation suitable to the conditions (large crossings, boat traffic, wind, waves and swells, etc.). For river paddling, participants are expected to adopt safe procedures. PERSONAL FLOATATION DEVICES (PFDs) MUST BE WORN AT ALL TIMES Participants are responsible for their own training and personal safety. A separate Trip Release Form must be signed by each individual participant for each day of a multi-day trip. NOTE: Requirements listed are cumulative – e.g. Rating 3 implies Rating 2 requirements plus.....

### FLATWATER

Rating	Class	Paddlers must be able to:
1	Day Paddle Easy	<ol style="list-style-type: none"> <li>1. Use required and recommended safety equipment including: throw rope, PFD, bailer, painters, whistle, spare paddle.</li> <li>2. Enter their canoe from shoreline or dock.</li> <li>3. Paddle in a straight line.</li> <li>4. Paddle in calm water for up to 4 hours.</li> <li>5. Carry and load canoe on vehicle (assistance possible).</li> <li>6. Dress correctly for the conditions and water temperature. Have extra protective clothing available. (Coastal canoeing along an accessible shore only, with calm conditions, a favourable weather forecast, and with more advanced paddlers in the group.)</li> </ol>
2a	Day Paddle Intermediate	<ol style="list-style-type: none"> <li>1. Meet all requirements of level 1 plus:</li> <li>2. Paddle in light winds (to 10 knots) and waves to 0.5 m</li> <li>3. Paddle for up to 5 hours.</li> <li>4. Perform draw strokes, low and high brace, J-stroke, sweeps.</li> <li>5. Re-enter an upset canoe, with assistance.</li> </ol> (Coastal canoeing near the shore, with easy to moderate paddling conditions. Paddlers must have knowledge of tides, currents, weather, and marine hazards.)
2b	Multi-day Basic Tripping	<ol style="list-style-type: none"> <li>1. Meet all requirements of level 2a plus:</li> <li>2. Have a basic understanding of tides, currents, weather conditions/forecasting, and navigation.</li> <li>3. Load canoe for tripping.</li> <li>4. Assist in establishing camp efficiently and with low impact recommended camping procedures, including predator avoidance.</li> <li>5. Suitably dress and be equipped for extended paddles and overnight trips in varying conditions of weather and sea.</li> </ol>
3	Day Paddle Advanced	<ol style="list-style-type: none"> <li>1. Meet all requirements of levels 1 and 2 plus:</li> <li>2. Paddle for up to 6 hours along shore of large lakes, under possibly severe wind and wave conditions.</li> <li>3. Perform a canoe over canoe rescue.</li> <li>4. Portages canoe over easy terrain.</li> </ol>
4	Tripping	<ol style="list-style-type: none"> <li>1. Meet all requirements of levels 1,2 and 3 plus:</li> <li>2. Demonstrate basic understanding of weather conditions and forecasting.</li> <li>3. Load canoe for tripping.</li> <li>4. Paddle up to 7 hours with sufficient strength, endurance, and day-to-day stamina, including being able to paddle strongly at times of need.</li> <li>5. Set up camp efficiently, in all weather conditions, utilizing predator</li> </ol>

		<p>avoidance practices.</p> <p>6. Be suitably dressed and equipped for extended paddling and overnight trips in varying weather conditions.</p> <p>7. Portage as required by the specific trip.</p> <p>8. Perform basic orienteering.</p> <p>9. Perform basic first aid, C.P.R. and know how to avoid and treat hypothermia.</p>
5	Tripping Advanced	<p>1. Meet all requirements of levels 1,2,3 and 4 plus:</p> <p>2. Paddle for up to 8 hours on lakes and Class 1 rivers, in severe wind and waves.</p> <p>3. Paddle at a high level of skill using all strokes.</p> <p>4. Be proficient at rescues.</p> <p>5. Have advanced orienteering and map reading skills.</p> <p>6. Plan meals, provide provisions, pack food and related preparations.</p>

## Canoe Trip Ratings Part 2

### MOVING WATER

Rating	Class	Paddlers must be able to:
1	Day Paddle Novice	<ol style="list-style-type: none"> <li>1. Paddle with currents less than 4 km/hour and clear channels without sweepers or rapids, for up to 4 hours and maintain control for short periods of time with currents of 6 km/hour and Class 1 rapids.</li> <li>2. Perform the following strokes: draw, sweep, power, cross- draw.</li> <li>3. Carry and load canoe on vehicle (assistance possible).</li> <li>4. Enter canoe from shoreline</li> <li>5. Use required and recommended safety equipment including: throw rope, PFD, bailer, sponge, painter, whistle, spare paddle helmets are recommended in moving water)</li> <li>6. Dress correctly for the conditions and water temperature. Have extra protective clothing available.</li> <li>7. Understand and perform the following safety skills: swimming a rapid, canoe over canoe rescue, self-rescue, line toss and rescue communications.</li> </ol>
2	Day Paddle Intermediate	<ol style="list-style-type: none"> <li>1. Meet all requirements of level 1 plus:</li> <li>2. Paddle in moving water with Class 1 and 2 rapids.</li> <li>3. Perform pry, low and high braces, river J, sweeps, eddy turns, peel-outs, sideslips, forward and back ferries, S turns, front surf,</li> <li>4. Perform lining, tracking, and wading.</li> <li>5. Read and scout moving water; and recognize river dangers such as sweepers, ledges, entrapment, pillow rocks, eddy lines, etc.</li> <li>6. Understand and practice safe individual and group paddling procedures.</li> <li>7. Portage canoe.</li> </ol>
3	Day Paddle Advanced	<ol style="list-style-type: none"> <li>1. Meet all requirements of levels 1 and 2 plus:</li> <li>2. Paddle in rivers with rapids varying from Class 1 to Class 4.</li> <li>3. Decide which rapids to run and which rapids to portage.</li> <li>4. Perform rescues in rapids.</li> <li>5. Participate in pre-trip rescue planning, and be able to participate in group rescues, in various roles and situations.</li> <li>6. Plan and participate in the retrieval of pinned or broached canoes. (Canoeing at this level is only for skilled canoeists, in groups of at least three canoes, with someone who has demonstrated the ability to organize a rescue in moving water.)</li> </ol>
4	Tripping	<ol style="list-style-type: none"> <li>1. Meet all requirements of levels 1, 2, and paras. 3, 4, and 5 of level 3 plus:</li> <li>2. Paddle a loaded canoe and portage for up to 7 hours per day with sufficient strength, endurance, stamina and be able to paddle strongly at times of need.</li> <li>3. Load, line and track a canoe for tripping</li> <li>4. Set up camp efficiently, in all weather conditions, utilizing predator avoidance practices.</li> <li>5. Demonstrate a basic understanding of weather conditions and forecasting.</li> <li>6. Be suitably dressed and equipped for extended paddling and overnight trips in varying weather conditions</li> <li>7. Perform the portages required by the specific trip.</li> <li>8. Do orienteering to locate routes and portages.</li> <li>9. Perform basic first aid, C.P.R. and know how to avoid</li> </ol>

		and treat hypothermia. continued...
5	Tripping Advanced	<p>1. Meet all requirements of levels 1,2 and 4 plus: 2. Paddle and portage for up to 9 hours per day.</p> <p>3. Have considerable experience tripping at level 4. 4. Be outfitted with appropriate gear.</p> <p>5. Be experienced and confident in all aspects of trip- ping, including physical abilities.</p> <p>6. Plan meals, provisions, food packing and preparation, as required.</p> <p>(Canoeing at this level is only for skilled canoeists, in groups of at least three canoes, with someone who has demonstrated the ability to organize a rescue in moving water.)</p>

## International Whitewater Classification System

**Class I:** Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.

**Class II:** Straightforward rapids with wide, clear channels which are evident without scouting. Occasional manoeuvring may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed. Rapids that are at the upper end of this difficulty range are designated "Class II+".

**Class III:** Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex manoeuvres in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims. Rapids that are at the lower or upper end of this difficulty range are designated "Class III-" or "Class III+" respectively.

**Class IV:** Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast manoeuvres under pressure. A fast, reliable eddy turn may be needed to initiate manoeuvres, scout rapids, or rest. Rapids may require "must" moves above dangerous hazards. Scouting may be necessary the first time down. Risk of injury to swimmers is moderate to high, and water conditions may make self-rescue difficult. Group assistance for rescue is often essential but requires practiced skills. A strong Eskimo roll is highly recommended. Rapids that are at the upper end of this difficulty range are designated "Class IV-" or "Class IV+" respectively.

**Class V:** Extremely long, obstructed, or very violent rapids which expose a paddler to added risk. Drops may contain large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes. Rapids may continue for long distances between pools, demanding a high level of fitness. What eddies exist may be small, turbulent, or difficult to reach. At the high end of the scale, several of these factors may be combined. Scouting is recommended but may be difficult. Swims are dangerous, and rescue is often difficult even for experts. A very reliable Eskimo roll, proper equipment, extensive experience, and practiced rescue skills are essential. Because of the large range of difficulty that exists beyond Class IV, Class 5 is an open ended, multiple level scale designated by Class 5.0, 5.1, 5.2, etc... Each of these levels is an order of magnitude more difficult than the last. Example: increasing difficulty from Class 5.0 to Class 5.1 is a similar order of magnitude as increasing from Class IV to Class 5.0.

**Class VI:** These runs have almost never been attempted and often exemplify the extremes of difficulty, unpredictability and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favourable water levels, after close personal inspection and taking all precautions. After a Class VI rapids has been run many times, its rating may be changed to an appropriate Class 5.x rating.