

## Minimum Required Safety Equipment for boats under 6m: Canoes, Kayaks, Rowboats & Rowing Shells



### Personal protection equipment

1. one Canadian-approved personal flotation device or lifejacket of appropriate size for each person on board



2. one buoyant heaving line of not less than 15 m in length



### Boat safety equipment

3. one manual propelling device OR  
an anchor with not less than 15 m of cable, rope or chain in any combination



4. one bailer with an opening of 65 square cm and a volume of at least 750ml or one manual water pump fitted with or accompanied by sufficient hose to enable a person using the pump to pump water from the bilge of the vessel over the side of the vessel



### Navigation equipment

5. a sound-signalling device or a sound-signalling appliance such as a pealess whistle or a compressed gas horn or an electric horn



6. navigation lights that meet the applicable standards set out in the Collision Regulations (see: Rule 25 d(ii)) if the pleasure craft is operated after sunset and before sunrise or in periods of restricted visibility; a waterproof flashlight is legal

Adapted from Office of Boating Safety - The Safe Boating Guide <http://www.tc.gc.ca/marinesafety/TP/TP511/menu.htm>  
Small Vessel Regulation: <http://www.tc.gc.ca/acts-regulations/GENERAL/c/csa/regulations/070/csa076/csa76.html>  
Collision Regulations: <http://www.tc.gc.ca/acts-regulations/GENERAL/c/csa/regulations/010/csa014/csa14.html>



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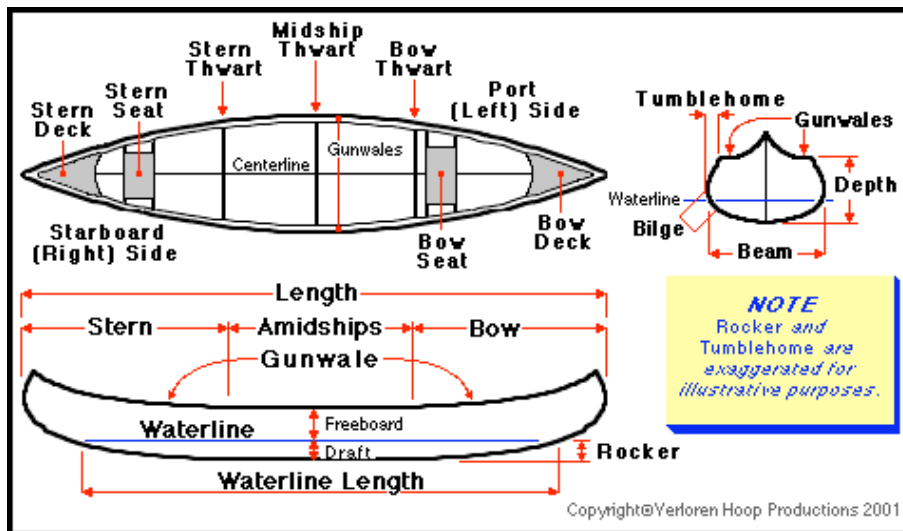
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### References:

Path of the Paddle, Bill Mason & Paul Mason, Key Porter Books, 1999  
Paddle your own Canoe, Gary & Joanie McGuffin, Boston Mills Press, 1999  
Introduction to Paddling, American Canoe Association, Menasha Ridge Press, 1996  
Canoeist's Manual (The), O. Stringer, 1994

Thanks to Charles Burchill for the concept of this handout; information has been added to his original version by Donna Kurt.  
Wilds Of Manitoba: <http://www.wilds.mb.ca/courses.html>  
Paddle Canada: <http://www.paddlingcanada.com/> Paddle Manitoba: <http://www.paddle.mb.ca/>  
American Canoe Association: <http://www.acanet.org/> Canoe Dance: <http://home.cogeco.ca/~canoedance/>  
The Wilderness Canoe Association: <http://wildernesscanoe.ca/> Canadian Canoe Routes: <http://www.mycr.com/>  
Environment Canada Waterflow: <http://scitech.pyr.ec.gc.ca/waterweb/formNav.asp>

**Wear a lifejacket or PFD, File a plan, Be honest, Know the water, Paddle in a group, Carry proper equipment, Carry first aid (and know how to use), Don't overload, Balance your boat (Stay low Stay steady), Stay out of flood waters, Stay out of cold water, Stay warm (Hypothermia), Hot weather stay cool (Hyperthermia), Know the weather, Watch the wind, Watch current, Don't drink and boat, Watch for obstacles, Time of day (don't paddle at night), Respect others, Review safe boating regulations**



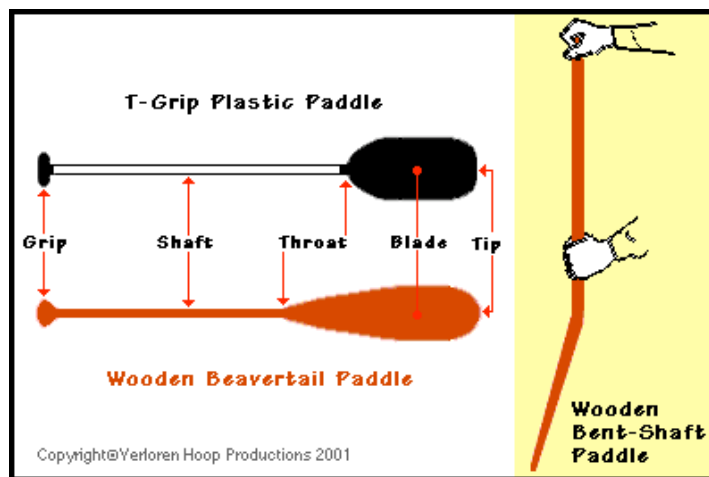
Portside: "T" in "PorT" and "LeFT"

Tumblehome: If tilted to the side the reduced Freeboard might Tumble-you-home

Draft: akin to bilge

Bow: Room in front to make a bow forward

Keel: Centreline

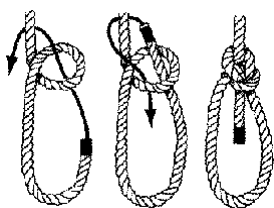


Palm/pear grip, Ottertail, voyageur, dish/spoon blades

Choke UP to the grip

Bentshaft paddles have mechanical advantage but are poor for underwater recovery strokes

Paddle materials include: Wood, carbon composite, fibreglass, Kevlar, aluminium, plastic

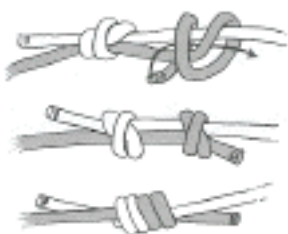
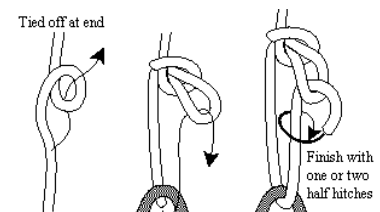


### Bowline Knot.

The Bowline is best for forming a fixed loop or eye and is easy to undo if not under load but can work itself loose so must be checked. The running end must face the inside. A double bowline (hole is made with two loops) is more secure. *"the rabbit comes out of its hole, round the tree and back down the hole again"*

### Truckers Hitch or Cinch Knot

Use the Truckers Hitch for tying a boat to your car roof rack. The loop gives a 2 to 1 mechanical advantage for tightening down on the end of the rope; when untying it releases easily by pulling the rope's end.



### Double Fisherman's Knot

Use the double Fisherman's knot for tying two ropes together or for tying a rope to itself to make a loop. It will not work itself loose as can the Bowline, but can be hard to untie after a load has been applied. The double Fisherman's knot can be tied on both ends of a 1m 1/4" or 5/16" rope to make a "Prusik Loop" which is looped to form a "bight" around a larger rope to act as a pulley.