



GLSKA TRIP GUIDELINES

GLSKA TRIP CLASSIFICATIONS

GLSKA trips are classified under the following categories: Pace/Endurance, describing the strength, endurance and fitness required to comfortably complete the trip; Skills Required, describing the paddling skills and seamanship required to handle safely the situations that could be encountered on the trip.

PACE/ ENDURANCE:

- A. **Not Strenuous:** Daily paddling typically less than 3 hours, with distances of 10 kilometres or less.
- B. **Moderately Strenuous:** Daily paddling typically between 3 and 5 hours, with distances of 10 to 20 kilometres.
- C. **Strenuous:** Daily paddling typically more than 5 hours, with distances of 20 kilometres or more.

SKILLS REQUIRED:

- 1. **Novice:** Requires basic paddling skills, practised wet exits. Expect protected waters, easy landings, and shelter for resting.
- 2. **Intermediate:** Requires basic paddling skills including the ability to brace, self-rescue, and participate in assisted rescues, comfortable in one-metre waves. Mostly protected waters, some difficult landings, and some sheltered spots for resting.
- 3. **Experienced:** Requires advanced paddling, seamanship and rescue skills. Ability to handle waves greater than 1 metre. Expect exposed waters, open crossings, large waves, moderate to strong winds, surf, fog, and potentially difficult landings. Sheltered resting and landing spots could be few.
- 4. **Expert:** Requires advanced paddling, seamanship and rescue skills. Ability to roll is strongly recommended. Expect long open crossings, rugged and exposed coast, large waves, strong winds, surf, turbulent water, fog and difficult landings.

TRIP TYPES:

Most of the Trip Type designations, such as **Day**, **Weekend**, etc. are self-explanatory. Trips are designated **Wilderness** if they involve camping in areas that are not designated campgrounds and/or have no, or minimal, facilities. These trips have lower limits on the number of participants and require minimum-impact camping practices. If a trip is designated **Exploratory**, it means the organizer has not been on the planned route or in the area before; therefore, trip conditions cannot be predicted from past experience. Trips designated **Instructional** are primarily educational in nature.

NOTE: Trips are classified in advance. Weather conditions may make it necessary to modify these classifications on the day of the event.

GLSKA TRIP RULES AND GUIDELINES

1. All GLSKA trip organizers are volunteers. Please respect any special rules or suggestions they have for their trip.
2. GLSKA believes in and practises minimum impact tripping.
3. Each participant must be aware of the Risk Management Policy; and must have signed the waiver.
4. GLSKA trips are intended for GLSKA members. Guests accompanied by, or introduced by a member, may participate in up to two day trips or GLSKA events. Guests may participate in multi-day trips by special exemption only, as per the guest policy outlined in the Trip Organizer Guidelines. Guests must sign the waiver for each event.
5. All participants are responsible for their own safety, equipment, boats, transportation and food.
6. Organizers may:
 - a) Limit the number of boats or participants permitted on a trip in order to minimize impact on the environment.
 - b) Advise on the type of equipment and camping techniques to be used.
 - c) Terminate a trip or exclude a paddler if personalities and conditions don't seem compatible.
7. For their own safety and their fellow paddlers' peace of mind, participants must wear a PFD and be dressed for immersion at all times while paddling.
8. Some trips may require specific skills or equipment. To avoid disappointment at the put-in, participants should confirm with the organizer that their skills and equipment meet the trip requirements when signing up for the trip.
9. The following signals will be used:
 - One whistle blast – Stop and wait.
 - Two whistle blasts or paddle held straight in the air – Come to me.
 - Three whistle blasts or paddle waived back and forth – Emergency, come now!

THE LAW

(From the 2008 Canadian Coast Guard Safe Boating Guide)

All pleasure craft must carry the following equipment in good working order:

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.
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 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.
5. A sound-signaling device or a sound-signaling appliance.
6. Navigation lights that meet the applicable standards set out in the Collision Regulations if the pleasure craft is operated after sunset and before sunrise or in periods of restricted visibility.
Flashlight or white light mounted to be visible all around.