



# BIG CANOE COURSES WITH MAX

## 2018 APPLICATION FORM

*Note: ONEC's big canoes normally take 6 paddlers.*

### 1. Introduction to Big Canoe Paddling, June 16

Max Finkelstein is a renowned canoeist who has paddled from sea to sea in Canada and from Ottawa to Washington. He also organized the Four Winds Voyageur Brigades in honour of Canada's sesquicentennial. In this one day course he will focus on the fundamentals of big canoe paddling including safety, balance, the roles of the different paddlers, and the various paddle stroke, draws, prys, steering from the bow and steer.

This one day course:

- starts at 10 am on shore opposite the ONEC boathouse and ends about 3:30 pm.
- introduces paddling a big canoe
- introduces basic paddle strokes to manoeuvre a big canoe from the bow, stern, and middle positions.
- Shows how to have fun paddling a big canoe...forwards, backwards, sideways, racing, cool leaning turns, switching sides and more!
- qualifies you to take Big Canoe Intermediate Leader training, June 17 (see overleaf)

#### PARTICIPANT INFORMATION:

Surname (of main contact):	First Name:	Tel (home):	Tel (work):
Address:	City:	Prov.:	Postal Code:
E-mail address:		Would you like to receive Club information via e-mail? ( ) Yes ( ) No	
Surname of Guardian (if applicable):	First Name of Guardian:	Tel (home):	Tel (work):

	Member price	Non-member price	Your fee (please insert)
Saturday, June 16	\$60	\$70	

#### WAIVER

**This waiver MUST be signed and dated.**

I recognize that the use of the facilities and services at the Ottawa New Edinburgh Club as well as sailing, rowing, paddling, and tennis activities involve potential risks. I undertake, in my personal capacity and those whom I represent, have custody, my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club its officers, employees, coaches, independent contractors and other representatives, their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of or any damage to my or third party's property and arising out of or being incidental to my presence at the Club or the practice of the activities mentioned hereinabove. I acknowledge that I can swim at least 100 metres.

**Signature of participant or guardian:**

**Date (yyyy/mm/dd):**

*Mail cheque and registration form for '1. Introduction to Big Canoe Paddling' to:*

Ottawa New Edinburgh Club (ONEC)  
P.O. Box 74088, R.P.O. Beechwood  
Ottawa, ON K1M 2H9

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## **2. Big Canoe Intermediate Leader Course, June 17** (sanctioned by Paddle Canada)

This one-day course :

- teaches you how to manoeuvre a big canoe with ease
- shows you how to rescue a capsized big canoe, and
- qualifies you to lead a day trip in a big canoe with inexperienced paddlers, controlling the canoe from the stern.

**Prerequisites:** Intro lake tandem paddler or experienced flatwater paddler in tandem canoes; Wilderness First Aid (you can get this later!)

**Date:** Sunday June 17

**Location:** New Edinburgh Club, meet along shore opposite the ONEC Boathouse

**Cost:** \$75.00

**Instructors:** Max Finkelstein and Liz Elton (Max and Liz paddled a big canoe from Ottawa to Washington DC – probably couldn't cross the border now)

**For more information:** [dowfink@gmail.com](mailto:dowfink@gmail.com) (613-729-4004)