



Paddle ONEC 2024 Season Prep Info Session

Getting Set for the Season

- Boathouse layout, safety and security
- ONEC Paddling Guide: Policies, Procedures & Resources
- New member orientation & water skills check
- Season programming
- Getting involved
- Website highlights
- Q&A



Return to the Boathouse

- ONEC docks & equipment
- Safety
 - First aid & defibrillator
 - Paddling equipment
 - Info binder & logbook
 - Spacing & logistics
 - Hazards (docks, wakes, traffic)
- Security in NCC Riverhouse
 - Public & ONEC spaces
 - Personal and club gear



ONEC Paddling Guide: Policies, Procedures & Resources

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<https://www.onec.ca/paddling>

<https://www.onec.ca/member-handbook>

OTTAWA NEW EDINBURGH CLUB
Ottawa's Waterfront Sports Centre since 1883

About Us Facilities Our Sports Day Camps News Events

SPECIAL EVENTS
CLICK | HOVER

POWER PADDLES
CLICK | HOVER

ONEC PADDLING POLICY

Important info on club policies for our paddling members. Great to review at the beginning of each season.

Paddling Policies



ONEC PADDLING GUIDE: Policies, Procedures and Resources

GENERAL OBLIGATIONS

When registering as a member (or as a member's guest) all participants in paddling at ONEC acknowledge and agree to abide by the following policies, rules and guidelines (and any amendments that may be issued to members in future). Failure to do so may result in membership privileges being revoked without refund.

All individuals paddling at ONEC ("paddling participants") are required to:

- Sign the ONEC waiver for participating in paddling at ONEC (including confirmation that the participant can swim 100m unassisted)
- Attend an orientation session (including on the water skills review and assessment) before taking any equipment out on the water
- Abide by the ONEC paddling rules, including respecting paddling zones as outlined below
- Adhere to the ONEC COVID policy for paddling

ORIENTATION AND SKILLS REVIEW

ONEC Paddling Guide: Policies, Procedures & Resources

- General obligations
- Orientation, skills check & paddling zones
- Safe paddling procedures
- Policies:
 - Bookings
 - Cold water
 - Youth & guests
- Communications & resources



ONEC Paddling Guide: General Obligations

- Sign ONEC & Paddle Canada waivers
- Complete orientation, water safety skills check before taking equipment on water
- Abide by ONEC paddling rules, guidelines, zones per skills
- Adhere to all general club policies, code of conduct



ONEC Paddling Guide: Orientation, Skills Check & Paddling Zones

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- Unsupervised facilities & no coach boat
- Changeable river conditions with current
- Each paddling participant responsible for self & must be able to get to safety if should capsize
- Select paddling zone appropriate for conditions and personal skill and experience levels
- ***Until have boat re-entry rescue skills stay within 50 meters of shore***



Boathouse Zone: Along shore* from Boathouse “corner” to RYC



- The Boathouse Zone is a recommended place to paddle to mitigate risks (for appropriate conditions and/or skill levels)

ONEC Paddling Guide: Skills check for getting to safety

- Launching & landing on docks
- Fundamental paddling skills
- Controlled “wet exit” (tipping); safe falling and recovery
- Get to safety of shore:
 - Re-entre boat; get back on SUP
 - Swim to shore
- ***Courses and clinics offered at ONEC (and elsewhere) to improve paddling and rescue/re-entry skills***
- ***Details and registration on website, or email paddling@ONEC***

ONEC Paddling Guide:

Skills needed to go 50m+ from shore

Kayak*

- Assisted re-entries (“T-rescue”)
- Developed paddling skills
- Paddle Canada Sea Kayak Basic Skills standards
- <https://www.paddlecanada.com/levels/sea-kayak/basic-kayak-skills/>

SUP

- Launching and paddling in windy & turbulent conditions
- Developed paddling skills
- Paddle Canada SUP Basic Skills standards
- <https://www.paddlecanada.com/levels/stand-up-paddleboard-program/basic-sup-skills/>

- ***Need to be able to get back into boat (can be with assistance) if paddling more than 50m from shore***
- ***Or, be with others who have Paddle Canada Kayak Level 1 / SUP advanced qualifications for self rescue***

ONEC Paddling Guide: Required Procedures

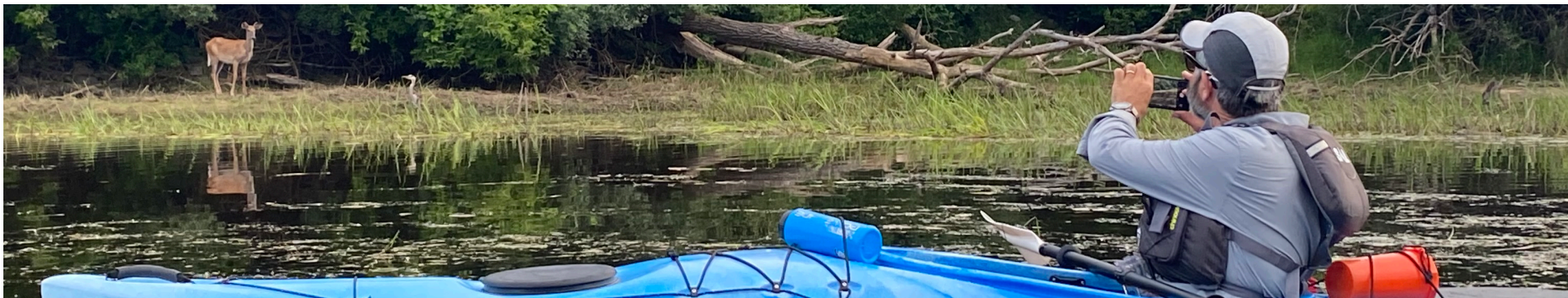
- Book boats online as per time slots
- Respect paddling zones rules
- Use outing log book in container
- Verify and report damaged equipment
- Leave clubhouse locked when going on water
- ALWAYS wear a PFD & whistle
- Follow Transport Canada rules (navigation, lights)
- Follow navigation rules & watch for rowers
- Use Kayak safety kits & SUP ankle straps



ONEC Paddling Guide: Strongly Recommended

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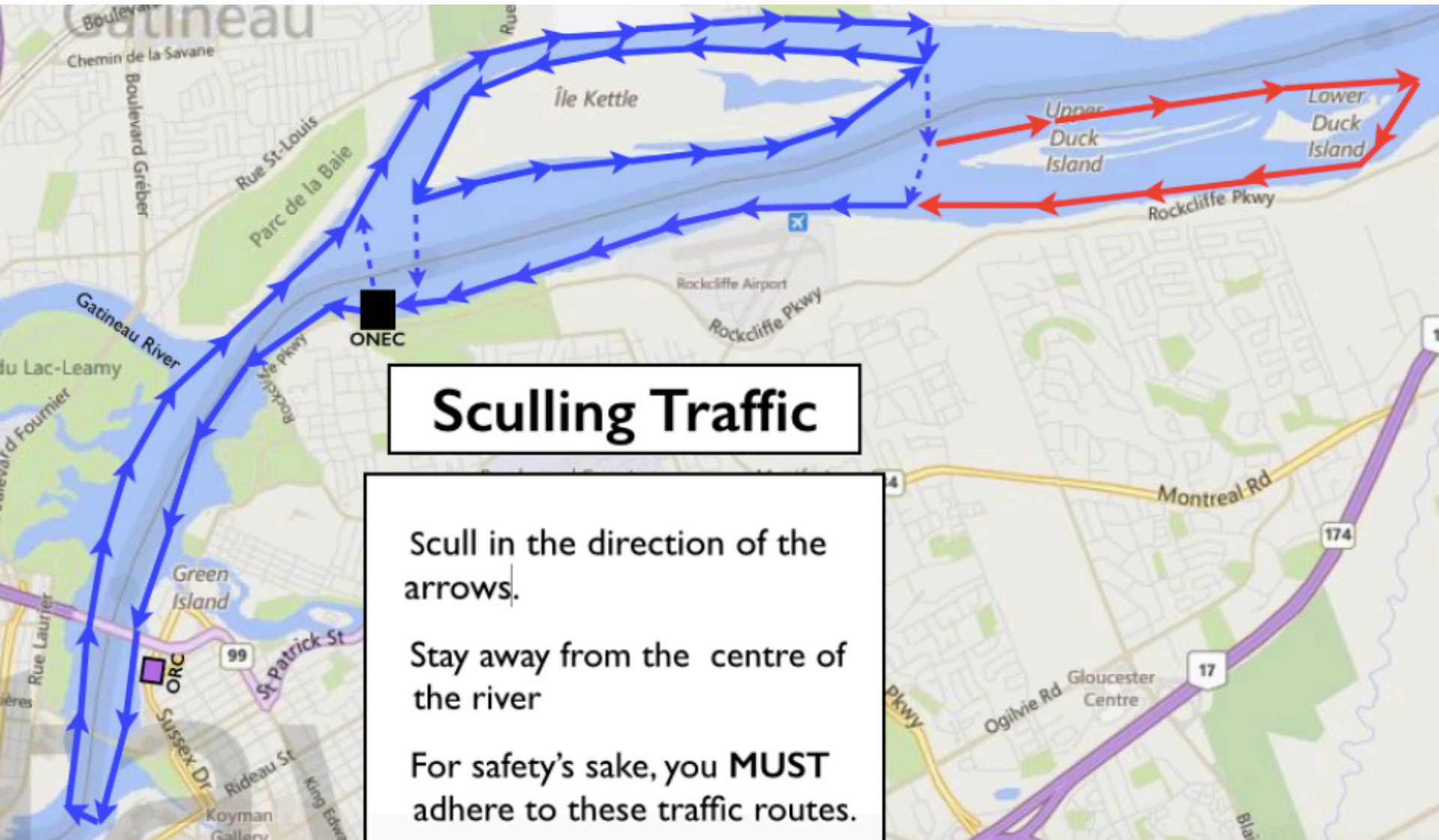
- Paddle with a partner
- Before leaving, check weather forecast & radar for at least one hour beyond planned return
- Wear highly visible, weather appropriate clothing
- Use sunscreen, hat & long sleeve shirt for sun protection
- Stay hydrated – bring clip on water bottle



Orientation: Paddle Canada safety briefing

- Risk assessment & mitigation
- Weather & river conditions
- Transport Canada regulations & right of way
- Clothing & injury prevention
- Selecting & carrying gear
- Safety & other gear storage on the water
- First aid & defibrillator on shoreline

Water Traffic: Note rowers go faster & backwards (face away)!



Sculling Traffic

Scull in the direction of the arrows.

Stay away from the centre of the river

For safety's sake, you **MUST** adhere to these traffic routes.

ONEC Paddling Guide: Booking Policy

- Must book using online reservation system
- Booking Slots
 - Midweek: 2.5 hours
 - Mixed on Weekends: 2.5 hours for Recreational & 4 hours for Touring Kayaks
- Login & password provided once waivers signed & on water orientation session done
- Bookings open 06:00 – 20:30
- Paddle during daylight ours (or must bring own watertight flashlight before sunrise or after sunset)

ONEC Paddling Guide: Cold water policy



Temperature above 16 C

- Open Season



Temperature between 11 C & 16 C

- No paddle boarding
- Kayaking with suitable clothing/skirt & buddy only



Temperature between 5 C & 11 C

- No paddle boarding
- Kayaking with dry or immersion suit & buddy only

ONEC Paddling Guide: youth & guest policies

- Youth under 16 must be accompanied by a parent or legal guardian
- We will look to trial “Bring a Guest” day(s) when members can invite guests on group paddles
- Guests welcome at club pavilion and BBQs



New member mandatory on water skills check

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- Book a session online
- Which zone best for you to kayak or SUP in?
- Expect to get wet: wear wick-away gear & bring towel, change of clothes
- ✓ Paddle Canada safety briefing
- ✓ Fundamentals
- ✓ Controlled “wet exit” (all)
- ❖ Rescues for re-entry if capsize (optional / also taught in courses & clinics)



Kayak safety & rescue resources

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<https://www.rei.com/learn/series/kayaking-safety-and-rescue-techniques>



ONEC fleet & boat choice

Recreational Kayaks

- Perception Prodigy XS 10' Youth (3)
- Paluski Ripple 9'8"
- Riot Quest 10' (2)
- Clear Water Iqaluit (3)
- Paluski Spirit 14' (cross, skeg)
- Clear Water Muskoka ~12 (cross) (2)
- Clear Water Nunavut (tandem) ~ 16'2"

Day Touring Kayaks

- Clear Water Gorgian Bay 14' (rudder)
- Clear Water Algonquin ~14' (rudder)
- Riot Edge 13' (skeg) (2)
- Boreal Baltic 12' (skeg) (4)

➤ ***Check out Paddling Blogs on the website for information on paddling gear and the ONEC fleet***

Season Programming

- Group paddles
 - Social, Power, Excursion
- Courses, clinics, events
 - Scheduled
 - Waitlist/additional?
 - New Big Canoe
- Social
 - Pub nights
 - Weekly Friday Club BBQs
 - Paddling, waterfront, pavilion, boathouse & possibilities...



Courses & Clinics: What's your best fit?

Clinics

- Only 3 hours
- Practical intro
- Assisted rescue if desired

Paddle Canada Kayak Basic

- Shortest Paddle Canada Course
- Total 8 hours
- Fundamentals and up to assisted rescue

Paddle Canada Kayak Level 1

- No prerequisites!!!
- Total 16 hours
- All of basic, plus...
- Solo re-entry, towing, group formation, bracing, developed strokes

➤ *What's your interest & availability (days, evenings) for additional events?
Email us at paddling@onec.ca to let us know or join a waitlist*

Getting involved

- Work parties
- Maintenance teams
- Group paddling & social events



➤ ***Meet other members and be part of the heartbeat of our volunteer driven club***



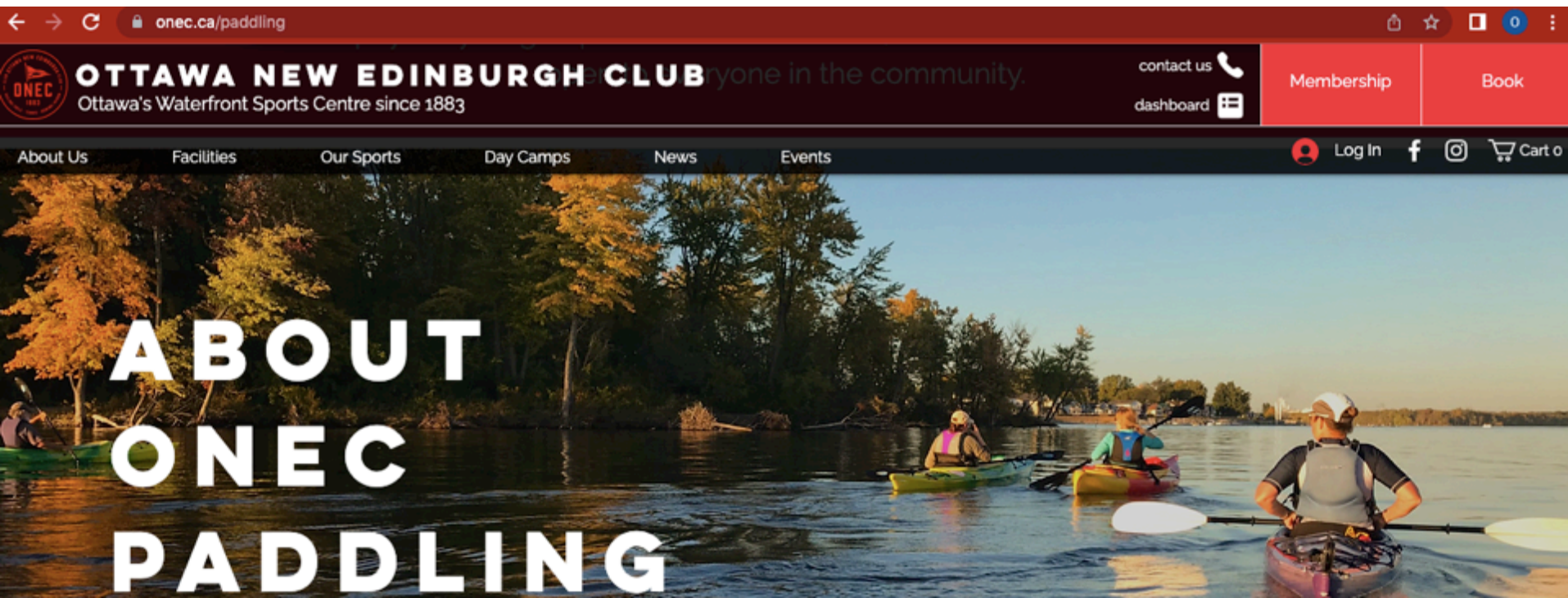
What's next?

- Pre-season Prep (May)
 - Orientations (Early June)
 - Club Paddles (Mid June)
 - Courses & Clinics (End June)
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- Dates depend on water temperatures
 - Find updates on calendar, via email and in chat groups
 - Meanwhile review guide, blogs, videos and get gear



Website demo

- Check calendar for member programming
- Register for orientations
- Register for courses & clinics
- Book boats
- Plan outings with chat groups
- Paddling Guide
- Blogs on gear and fleet
- Dashboard & season status
- News



Questions?



Contact the paddling committee at Paddling@onec.ca

- Questions & suggestions
- Join a waitlist
- Request additional course / clinic
- Volunteer

➤ **Register online for on water orientation & see you at the shoreline!**