



LIT PROGRAM

PROGRAM INFO

You cannot hope to build a better world without improving the individuals. To that end each of us must work for our own improvement, and at the same time share a general responsibility for all humanity.

-Marie Curie

THIS DOCUMENT

The purpose of this document is to give you an overview of what will be covered in the LIT (Leader in Training) Program during the summer and give LIT's a broad sense of what to expect.

WHAT IS THE LIT PROGRAM?

Cedar Ridge Camp's Leader in Training (LIT) program is designed for youth 16 or 17 years of age. The program aims to provide LITs with skills that will allow them to become a leader in a wide array of settings. LIT's will develop skills that are useful both at camp and in the real world. Our goal is to foster the maturity and growth of each individual in the program, to find the settings in which each LIT will thrive. Soft skills (Social Skills) and Hard skills (Physical Skills) will be developed to nurture this personal growth, all while being able to participate outdoors in a fun camp setting.

- Certifications
- Soft Skill Training Sessions (Social Skills)
- Hard Skill Training Sessions (Physical Skills)
- Camp Placements
- Multi-Day Wilderness Expedition

CERTIFICATIONS

In addition to these categories of skills that will be taught, every LIT will have the opportunity to earn certifications from prominent organizations in Ontario. LITs will work towards their Bronze Cross lifesaving and Standard First Aid certifications. In addition to this, ORCKA (Ontario Recreational Canoe and Kayak Association) level certifications will also be made available on specific dates throughout the program.

Bronze Cross (Lifesaving Society)

(20 hr.): begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Standard or Emergency First Aid & CPR A, B or C (Lifesaving Society)

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification.

ORCKA (Ontario Recreational Canoe and Kayak Association) Canoeing Certifications.

ORCKA Basic Canoeing Level 1: Emphasis on becoming comfortable in both the bow and stern. Gain knowledge of safe canoeing practices, including the introduction to canoe rescues: retrieval of a swamped canoe and canoe over canoe rescue.

SOFT SKILL TRAINING SESSIONS (SOCIAL SKILLS)

LIT's will participate in numerous educational soft skill sessions and workshops throughout the program and will get the chance to implement and practice these skills during camp placements. Soft Skill sessions will include workshops on topics such as; Public Speaking, Time Management, Leadership Skills/Styles, Bullying, Inclusivity, Conflict Management, Resume Building, Teamwork and Self-Management. These sessions aim to not only develop social skills directly applicable to camp but also applicable to life outside of camp.

HARD SKILL TRAINING SESSIONS (PHYSICAL SKILLS)

Throughout the program, LITs will advance themselves in various outdoor hard skills. Most of the training will be done through skills sessions and workshops as well as camp placements. These Hard skills sessions will cover the following activity areas - Swimming, Canoeing, Kayaking, Climbing, High Ropes, Archery, Mountain Biking, Sailing, Horseback Riding, Canoe Tripping, Wilderness/Nature/Survival Skills and more! During these sessions, LITs will be able to learn and practice basic to advanced skills for each activity. They will have the chance to implement these Hard skills during placements at camp.

CAMP PLACEMENTS

During the program, LIT's will have the opportunity to gain experience working directly with campers and staff during cabin placements. In this time LITs will work alongside both instructors and counselors to gain greater knowledge and experience leading campers and teaching/instructing activities.

Activity Placements

During activity placements LITs will get the opportunity to shadow instructors and lead cabins in a wide range of activities around camp. This is a chance to practice the skills LITs have already been working on throughout the program and gain new experiences working with kids. LITs will learn how to lead camp activities, manage risk, and design or alter camp programs.

Cabin Placements

Cabin placements are a great chance to gain experience working alongside counselors in a cabin of kids ages 6 - 15. LITs will take an active role participating in the day to day of the cabin. They will learn how to lead cabins, manage risk, deal with interpersonal issues, as well as building a fun and positive atmosphere.

Kitchen and Maintenance

The purpose of the kitchen and maintenance placement is to give LITs the chance to experience the many rolls that allow for the successful operation of Cedar Ridge Camp. LITs will gain experience working on small maintenance jobs, helping in the kitchen and dish room

as well as working alongside our cleaning staff to help maintain the cleanliness of camp. It is important to see how each of these components come together to make camp run and allow campers to come back year after year.

MULTI-DAY WILDERNESS EXPEDITION

Through a multi-day wilderness expedition, participants will have the opportunity to explore the beautiful lakes, rivers, forests, hills and valleys of Ontario. While on the trip, participants will learn the skills needed to plan and lead a successful wilderness expedition. LITs will be responsible for leading the trip, organizing the campsite, cooking, and participating in Soft and Hard skill sessions all while developing a greater appreciation for nature and the outdoors.

LIT PROJECTS

LITs will be given the opportunity to show the leadership and organizational skills that they have learned through a LIT camp project. This is usually in the form of a full camp game that LITs will create, develop, and execute.

The most dangerous leadership myth is that leaders are born-that there is a genetic factor to leadership. That's nonsense; in fact, the opposite is true. Leaders are made rather than born.

-Warren Bennis

YOUR ROLE AT CAMP

The quotation above captures the philosophy of the program. Leaders are made not born. Because of this, there is no perfect leader, no matter how strong their leadership skills are, they can improve themselves and work towards becoming a better leader. This program will do its best to give you the tools you need to be a good leader but it is up to you in regards to how and when you use them.

This LIT program is designed to give you the tools that you need to be a leader and take on leadership roles both in and outside camp. Ultimately your role at camp is to learn and grow. We are going to provide you with tools to help you do so but you are the only person with the power to learn and help yourself. In this learning, you will be assisting around camp and learning how activities are run and how the camp operates as a whole.

TYPICAL LIT DAY SCHEDULE

Before 8:00 AM	This is your time, do what you need to relax: sleep, snack, shower, read, etc.
8:00-8:15 AM Polar Bears	Polar Bears are not mandatory but are a great way to start your day off right! It is important to encourage campers to go when you see them, it helps build a sense of community. If you are qualified you can act as an assistant lifeguard.
8:30-8:45 AM Flag Raising	Be on time for flag-raising it is important to set a good example of punctuality for the campers
8:45-9:15 AM Breakfast	Eat in the dining hall. Make sure to be on time!
9:15-9:45 AM Cabin Cleanup	A clean cabin is a happy cabin and can prevent any cabin mate disagreements before they even start. It is important to not just sit around during this time, clean your own space!
9:45-11:45 AM Camp Program Periods (Soft/Hard Skills Sessions or Camp Placements)	This is where you will either be off participating in soft/hard skill sessions or helping to counsel a cabin or instruct a program during your camp placements.
11:45 AM -12:30 PM Monkey Time	This is not personal time. This is time to get experience working with the campers. You should be engaged and practicing some of your leadership skills.
12:30-1:00 PM Lunch	Eat in the dining hall. Make sure to be on time!
1:00- 2:00 PM Rest Hour	This is your time (unless you are on section duty), do what you need to get ready for the rest of the day. NAP, socialize, read, email, etc.

2:00-5:00 PM Camp Program Periods (Soft/Hard Skills Sessions or Camp Placements)	This is where you will either be off participating in soft/hard skill sessions or helping to counsel a cabin or instruct a program during your camp placements
5:00-5:45 PM Monkey Time	This is not personal time. This is time to get experience working with the campers. You should be engaged and practicing some of your leadership skills.
5:45-6:30 PM Dinner	Eat in the dining hall. Make sure to be on time!
6:30-6:45 PM Mail Call	LIT's will meet as a section and mail will be handed out.
6:45-8:00 PM Camp Game (or certification work)	During this time you may be helping with a camp game, with a cabin or scheduled to work on completing certifications(First Aid, Bronze Cross, or ORCKA).
8:00-8:30 PM Campfire	Attendance at campfires is mandatory unless otherwise stated.
8:30-11:00 PM Muffin Time	This is your final "you" time for the day; once again, do what you need to relax.
After 11:00 PM Night Duty has ended	Just like all Cedar Ridge Camp employees, you must be back in your cabin by 11:00 PM sharp.

This schedule is just an example, there are many times that it may be subject to change. For example, this schedule may not be used: when on a trip, during a full camp games or reflections.

LIT PROGRAM CHECKLISTS

These checklists are an example of the different hard skill and certification components that LITs will be working on during sessions and camp placements. Before each checklist component can be signed off it has to be evaluated by a qualified instructor.

Standard First Aid			
Skills	Description	Check	Signature
First Aid Goals	Through practical activities wherever possible, demonstrate an understanding of the goals of first aid.		
Legal Implications	Through practical activities wherever possible, demonstrate an understanding of the legal implications of providing first aid treatment.		
Universal Precautions	Through practical activities wherever possible, demonstrate an understanding of the principles of universal precautions, including barrier devices, hand washing, and use of gloves.		
ABC Priorities	Through practical activities wherever possible, demonstrate an understanding of the anatomy and physiology of the ABC priorities.		
Primary & Secondary Assessment	Demonstrate primary assessment of a victim including: scene survey, level of consciousness, airway, breathing, circulation, major bleeding and mechanism of injury. Demonstrate secondary assessment of a victim including: vital signs, head-to-toe examination and history.		
Conscious Victim Simulation With Obstructed Airway	Simulate the treatment of: conscious adult, child or infant with an obstructed airway as well as complications with a pregnant woman and person who is obese.		
Unconscious Victim Simulation With Obstructed Airway	Simulate the treatment of an unconscious adult, child or infant with an obstructed airway. Demonstrate the effective direction of bystanders to activate EMS.		

Respiratory Emergencies	Demonstrate the recognition and care of a victim suffering from the following respiratory emergencies: hyperventilation and asthma.		
Heart-Related	Demonstrate the recognition and care of a victim suffering from: shock, heart attack or angina, external bleeding and stroke / transient ischemic attack.		
External Injury	Demonstrate the recognition and care of a victim suffering from: abdominal injury, burn injury and facial injury.		
Unconscious Victim	Demonstrate the recognition and care of an unconscious victim. Victim types should include fainting.		
CPR	Demonstrate two-rescuer adult, child and infant cardiopulmonary resuscitation on a manikin.		
Spinal Injury	Demonstrate the recognition and care of a victim with a suspected spinal injury on land.		
Heat-Related Injury	Demonstrate the recognition and care of a victim suffering from: Heat cramps, heat exhaustion, heat stroke, hypothermia and frostbite		
Bone Injury	Demonstrate the recognition and care of a bone or joint injury.		
Chest Injury	Demonstrate the recognition and care of a chest injury.		
Head Injury	Demonstrate the recognition and care of a head injury.		
Seizure	Demonstrate the recognition and care of a seizure victim.		
Diabetes	Demonstrate the recognition and care of a diabetic emergency.		
Poisoning	Demonstrate the recognition and care of a victim suffering from suspected poisoning.		
Stress-Related to First Aid	Demonstrate an understanding of the effects of stress on victims, rescuers, and bystanders,		

	as well as the consequences of an unsuccessful rescue.		
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Lifeguarding Bronze Cross			
Knowledge	Description	Check	Signature
The Lifesaving Society	Demonstrate knowledge of the Lifesaving Society as Canada's lifeguarding experts.		
Non-Fatal Drowning	Demonstrate knowledge of follow-up care and treatment of a conscious drowning victim.		
Shallow Water Blackout	Demonstrate knowledge of the cause and prevention of shallow water blackouts.		
Assistant Lifeguard Roles & Responsibilities	Demonstrate knowledge of the roles and responsibilities of an assistant lifeguard.		
Skills			
Communication	Demonstrate effective communication with patrons, victims, coworkers, supervisors, and emergency service personnel.		
Two-Rescuer Removals	With a trained partner, demonstrate the ability to remove victims from various aquatic environments including removal with a spine board.		
Surface Dives & Underwater Swims	Demonstrate a head-first surface dive (maximum depth 2 m) and swim underwater 10 m. Demonstrate a foot-first surface dive (maximum depth 2 m) and swim underwater 10 m.		
Team Search	With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area.		
Two-Rescuer Drowning Resuscitation	On a manikin, demonstrate two-rescuer adult, child, and infant drowning resuscitation including the ability to deal with complications.		

Spinal Injury Management	Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land.		
Fitness Items			
Object Recovery & Transport	Demonstrate anaerobic fitness and strength for an object recovery: starting in the water, swim 15m and surface dive to recover a 4.5 kg (10 lb.) object; surface and carry the object 5m - all within 60 seconds.		
Rescue Drill	Starting in the water, swim head-up to recover a submerged manikin or victim located 20 m away; surface and carry the manikin or victim 20 m to the starting point - all within 120 seconds.		
Endurance Challenge	Swim 400 m within 11 minutes (400 yd. in 9:40 minutes).		
Judgment Items			
Safety Supervision Scanning	While patrolling and scanning a supervised aquatic environment, identify deficiencies, hazards, and inappropriate patron behaviors or victim types. Intervene and verbally report as appropriate.		
Two-person rescue 1 - multiple victims	Respond to an aquatic emergency in open water involving three or four victims and provide care until relieved of responsibility		
Two-Person Rescue 2 - Submerged Victim	Perform a rescue of a non-breathing victim submerged in deep water; remove victim and provide care until relieved of responsibility by a lifeguard. Perform CPR on a manikin.		
Assistant Lifeguard Situations	As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting.		

ORCKA Basic Canoeing Level 1

Skills	Description	Check	Signature
Retrieving a Swamped Canoe	Able to safely tip a canoe in shallow water, move it into shallower water and empty it of water.		
Canoe Over Canoe Rescue	Witness a canoe over canoe rescue take place.		
Equipment Selection	Demonstrates ability to select an appropriately sized paddle and personal flotation device (PFD). Must be able to wear PFD appropriately. Aware of the 5 essential safety items required by transport Canada.		
Equipment Knowledge	Familiarity with parts of a paddle (Tip, blade, shaft, and grip) and canoe. (Bow, stern bow seat, stern seat, thwart and gunwale.)		
Equipment Care	Shows ability to properly care for the PFD, paddle and canoe throughout the program.		
Safe Canoeing Procedures	Aware of common canoeing safety procedures. (Keeping weight low, tell someone where you are going, canoe in the daylight, etc.)		
Launching & Removing Canoe	Assist in safely and carefully launching and removing a canoe from the shoreline and/or a dock.		
Entering & Exiting Canoe	Able to demonstrate safe and proper technique while entering and exiting a canoe from the shoreline and/or a dock.		
Paddling Positions	Must be able to enter a canoe and assume the paddling position most suitable for the given conditions.		
Balancing	Participants show an ability to balance in the canoe while performing various maneuvers on the water.		
Pivots	Pivot the canoe for one complete revolution in both directions.		

Sideward Displacement	Participants are able to move the canoe sideways a distance of 5 meters in both directions.		
Forward Straight Line	Paddle in a relatively straight line for a distance of approximately 25 meters, then return.		
Stopping	Stop the canoe in a safe and appropriate manner.		
Landing	Land the canoe at a shoreline and/or dock in a safe and appropriate manner.		
Lifts and Carries	Assist with the proper lifting and moving of the canoe to and from the water at the beginning and end of each canoeing session.		

ORCKA Basic Canoeing Level 2			
Skills	Description	Check	Signature
Canoe Over Canoe	Demonstrates proper technique while performing a canoe over canoe rescue as both a rescuer and victim.		
Outdoor Precautions	Aware of the effects of environmental conditions such as wind, rain, and cold and associated potential dangers. Aware of appropriate clothing and equipment recommended to counter the effects of adverse environmental conditions.		
Government Regulations	Aware of all the government regulations as they apply to canoes. (5 essential safety items)		
Trimming	Knowledge of how personal weight and that of packs can be shifted to maximize safety and efficiently paddling, given the different wind and water conditions.		
Changing Positions	Able to switch positions, bow to stern and stern to bow, without going to the shoreline or dock.		

Inside and Outside Circles	Able to perform a circle in both directions for no more than a 15-meter diameter.		
Inside and Outside Landings	Able to safely land the canoe at a dock or rope barrier in both directions. (Parallel to dock)		
Reverse Straight Line	Paddle backwards in a relatively straight line for approximately 25 meters.		
Lifts and Carries	Demonstrates the ability to carry a tandem canoe using two different methods.		
Portaging	Able to assist in the lifting of the canoe into a tepee position for portaging. Attempt to portage the canoe overhead, solo with the help of a guide for support.		

Rock Climbing & High Ropes			
Skills	Description	Check	Signature
Climbing Safety and Risk Management	Demonstrates proper safety and risk management skills as it pertains to climbing and high ropes throughout the program. Shows an understanding of climbing-related risks.		
Climbing Technique	Demonstrates a basic understanding of climbing techniques while on the wall. (Arms, Hips and Feet)		
Gear and Equipment	Understand the different types of climbing equipment used as well as their intended purpose.		
Climbing Knots	Shows an ability to tie basic climbing knots and hitches as well as an understanding of what situations to use them.		
Top Rope Belaying	Demonstrates safe and proper technique when top rope belaying from the ground and on high ropes platforms. (PBUS - Pull, Brake, Under, Slide)		
Basic Anchors	Shows an ability to safely set up and use climbing anchors in multiple camp-related		

	situations. Understands anchor building theory. (SERENE)		
Basic Rescues	Able to use basic rescue techniques to assist people on the climbing wall and high ropes course. Shows a basic understanding of rescue pulley systems.		
Repelling	Ability to safely repel off the high ropes course using an ATC and/or Gri Gri. Can build and use the good rope/bad rope repelling system.		
Ascending	Demonstrates the ability to ascend a fixed rope.		

Tripping			
Theory	Description	Check	Signature
Leave No Trace	Shows an understanding and ability to demonstrate the 7 principles of leave no trace.		
Weather Interpretation	Shows awareness of the influence of wind, rain, lighting on trip procedures. Able to identify basic cloud, wind and air pressure changes that signal possible weather modifications.		
Equipment	Understands the different types of equipment used on our trips as well as proper care, maintenance and basic repair of equipment.		
Personal & Camp Hygiene	Demonstrates knowledge and shows the practice of appropriate techniques to ensure camp hygiene is maintained at the highest level. (Washing, cleaning, food storage, cross-contamination, etc.)		
Clothing & Personal Effects	Aware of appropriate clothing to be taken on a variety of out-trips.		
Trip Planning	Shows sufficient skill and knowledge to participate in the planning of an out trip. (Why, where, when, who, what, and how.)		

Food & Menu Planning	Demonstrates basic knowledge of appropriate trip foods, methods for preserving perishable foods, packaging foods, nutritional needs, etc.		
Safety & Risk Management	Demonstrates a basic awareness of the risk management process and appropriate application of risk management principles while preparing for and on trip.		
Communication	Demonstrates knowledge of appropriate signals used on out-trips for the purpose of safety and rescue as well as how/when/why to use them. (Hand signals, whistle, signal mirrors, PLB'S, SAT phones etc.)		
Trip Leadership	Participants discussed dealing with communications within a group, moral problems, positive reinforcement etc. Demonstrate care and respect for all other participants on the trip.		
Skills			
Packing	Demonstrates basic knowledge of acceptable methods for packing, food, tents, sleeping bags, personal effects, etc. (Waterproofing, buoyancy) Methods must relate to loading canoes, portaging and retrieving upset canoes.		
Loading & Unloading Canoes	Demonstrates an ability to assist and lead the loading of canoes onto a trailer. Able to tie canoes down using the proper knots and techniques.		
Knots & Hitches	Has the ability to tie and understands the usage for a variety of common knots and hitches used in out tripping. (Bowline, half hitch, clove hitch, reef, etc.)		
Shelters	Participants have an understanding of the different types of shelters commonly used outdoors as well as their specific usage. (Tents, tarps, bivy sacks, etc.) Shows an ability to properly set up tents and tarps in various conditions taking into account weather, location, drainage and their specific usage.		

Navigation	Shows an ability to read both a map and compass to navigate outdoors. Demonstrates knowledge of map symbols. Participants are able to pinpoint a group's location on a map, orient a map in a chosen direction, take bearings from a map and relate them to the field.		
Fire and Stoves	Demonstrates an ability to build and maintain campfires in a variety of settings and conditions. Ability to operate and conduct basic maintenance on camp stoves in the field.		
Food Storage	Shows an understanding of the food storage systems used on out-trips. Able to assist with setting up the applicable system. (bear hangs, bear barrels, bear box)		

Biking			
Skills	Description	Check	Signature
Bike Safety and Risk Management	Demonstrates proper safety and risk management skills as it pertains to biking throughout the program. Shows an understanding of biking-related risks.		
Knowledge of Biking Components	Aware of the different components that build up a Mountain Bike. (Handlebar, Saddle, Bike Frame, Tires, Spokes, Breaks, Gears, Chain, Derailer, Pedals etc.)		
Knowledge of IMBA Trail Rating System	Demonstrates an understanding of the IMBA trail rating system.		
The World of Mountain Biking	The participant is aware of the different types of mountain biking terrain, styles and bikes.		
Bike Setup	Able to perform a basic bike setup and safety check making minor adjustments as necessary. This includes bike selection, pumping up tires and proper seat adjustments and ensuring the bike is ready to ride and does not need any maintenance.		
Maintenance of Bikes	Familiar with the different types of basic bike maintenance equipment you would want to bring on the trail. Knowledgeable about the common repairs that mountain bikers deal with on the trail.		

Technical Trail Features	Understands the different types of technical trail features (TTF) commonly found on mountain bike trails. (Drops, Skinny's, Bridges, Rock Gardens, Jumps etc.)		
Dynamic Body Positioning	Shows an understanding of basic body positioning. Able to perform both the neutral and ready body positions while riding, climbing, descending and cornering. Adjusts seat position as necessary depending on the trail grade.		
Braking	Able to break properly without skidding out of control on relatively easy terrain. Able to confidently break while moving down a slope no greater than 30% trail grade.		
Shifting	Able to shift gears properly on relatively easy terrain (seamless/silent up-shifts and down-shifts). Shifts before reaching significant changes in trail grade (moving up or downhill).		
Climbing	Shows the use of basic body positioning techniques while climbing hills and are able to confidently climb slopes with at least a 10% trail grade.		
Descending	Shows the use of basic body positioning techniques while descending hills and are able to confidently descend slopes with no greater than a 40% trail grade for 10 meters or longer.		
Dismount & Restart	Comfortable and balanced while dismounting and re-starting on a slope with no greater than a 40% trail grade.		
Trail Riding Ability	Able to ride green circle trails confidently and in control while demonstrating the mountain biking techniques above.		

Horseback Riding			
Skills	Description	Check	Signature
Horse Safety and Risk Management	Demonstrates proper safety and risk management skills while around horses and is able to explain the reasoning behind the safety measures.		

Barn Management	Is able to maintain a clean and safe barn environment		
Tack	Knows the parts of the tack and can tack up independently		
Mounting/ Dismounting	Demonstrates safe and proper mounting and dismounting and can assist someone else in doing it.		
Basic riding skills	Is able to independently complete a steering course at a walk.		
Leading	Is able to catch a horse in the field, put on a halter, and lead the horse and tie-up.		
First Aid	Understands basic horse psychology and signs of a healthy/unhealthy horse.		

Sailing			
Skills	Description	Check	Signature
Sailing Safety and Risk Management	Demonstrates proper safety and risk management skills as it pertains to going out on the water.		
Parts and Functions	Must have a basic understanding of all the parts of the boat and their function.		
Rigging the Boat	Must demonstrate how to rig a boat properly.		
Sail Positions	Demonstrates safe and proper sail positions in the boat.		
Points of Sail	Must be able to name and demonstrate all the points of Sail.		
Tacking and Jibing	Must be able to navigate the boat using tacking and jibing.		
Righting a Capsized Boat	Must know the safety involved and be able to right a capsized boat.		
Knots	Figure 8 and Bowline.		

Kayaking			
Skills	Description	Check	Signature
Kayaking Safety and Risk Management	Demonstrates proper safety and risk management skills as it pertains to going out on the water.		
Parts and Functions	Must have a basic understanding of all the parts of the boat and their function.		
Strokes / Pivoting	Must be able to perform all types of strokes and understand what purpose they have.		
Assisted Rescue	Must be able to demonstrate a proper kayak over kayak rescue.		
Capsized Kayaks	Must know the safety involved and be able to rescue a capsized kayak.		
Wet Exit	Must be able to properly exit a capsized kayak (Both with and without a kayaking skirt)		
Kayaking Skirts	Use your skirt to maneuver the kayak in a more advanced way. (Edging, Braces, etc.)		

If you have any questions or want more information about the program you can email us at info@cedarridgecamp.ca.

Please visit our website at cedarridgecamp.ca to register for the program and to find more information about our dates and rates.

