

## Old Salts Seniors Canoe Club

### Canoe Training 2026

**Basic** canoe training is **mandatory for all new members** so skill levels can be assessed and participation in the different trips offered can be determined. *(If you have moving water training i.e. from Paddle Canada, and/or are ORCKA certified, please let us know on your registration form.)*

- **Safety** for all our members is of the utmost importance to us as a club and is a big part of our training. With the basic training skills, our trip leaders and any potential canoe partners can be assured that you have the required knowledge and ability for the types of trips you wish to participate. **Basic training** allows you to participate in our “easy breezy” trips. The **Intermediate Training** allows for full participation in all canoe trips. It is very important that you **understand your limitations** and **paddle within your ability**.
- **Fees** for training are reasonable, but are **non-refundable** due to the commitment required, limited spaces, and the instruction provided by our paid, certified instructor and experienced volunteers.
- River training for both the **Basic** and **Intermediate** sessions are one day each with rain dates. Please keep those dates **free** and ensure that you are able to participate on **all** posted dates to get the full benefit of the training.
- All of our training sessions are designed to enhance your canoeing experience with the Old Salts while ensuring your safety!
- Current members are also encouraged to continue taking training sessions regularly to keep their canoeing skills sharp and to improve their river reading abilities. There is always something new to learn no matter how many times you take a training session!
- Training is not just for learning and reviewing skills, but is also a lot of **fun** and a great way to meet new people and start the canoe season under the guidance of a qualified instructor and experienced volunteer members!

**Please note:** Training dates are subject to change due to weather and/or river conditions, thus the rain dates. Please plan accordingly!

#### **(April) Orientation/Dry Land Training for New Members**

**When:** Saturday, April 11, 2026

**Where:** **RIM Park, Room 104**, Waterloo, ON N2L 5J4

**Time:** 1:00 – 3:00 p.m.

**Cost:** Free

Training includes, but is **not limited** to:

- Who we are as a club, rules and regulations, how we operate
  - Equipment needed
  - Getting in and out of a canoe properly
  - River signals
  - Paddle strokes and their purpose
  - Canoe safety
  - Communication
- \*\*inside instruction

#### **(April) Mandatory Pool Training for New Members**

**When:** Tuesday April 14, 2026 **Where:** Forest Heights Pool, 253 Fischer-Hallman Rd. Kitchener, ON N2M 4X8

**Time:** 2:00 – 3:30 p.m. Meet at shed at Wing 404 at **12:30** p.m.

**Cost:** \$25.00

Training includes, but is **not limited** to:

- Swimming with canoe clothes and a PFD
- Practicing canoe entry from deck
- Canoe stability
- Capsizing
- Self-rescue (swimming a canoe to shore and righting an over-turned canoe)

- Towing a canoe
- Canoe-over-canoe rescue (T-Rescue)
- Shore rescue using a throw bag

\*\* Pool training – bring a towel, canoeing clothes, water shoes, PFD, and a change of clothes  
YOU WILL GET WET!

### **(April) Pond Training (Canoe stroke learning/review/practice)**

#### **\$2.00 per session to be paid at the Pond**

**When:** Tuesday, April 21, 2026  
Monday, April 27, 2026  
Tuesday, April 28, 2026

**Where:** Victoria St. Pond, (J.A. Pollock Family Trailway at Stanley Park Optimist Natural Area, Shirley Dr. (at Victoria St.) Kitchener, ON

**Time:** 1 – 4 p.m. (Meet at Wing 404 RCAFA Rotary Adult Centre, 510 Dutton Dr., Waterloo, ON N2L 4C6 at 1 p.m.)

**Cost:** \$2.00 per session (to help transport canoes to location)

**Training** includes but is **not limited** to:

- Canoe entry from shore
- Whistle & paddle signals
- Teaching & practice of strokes in bow & stern
- Working together with canoe partner
- Communication

\*\*On the water – bring PFD, dry sack with complete change of clothes, snacks, water; dress for the weather!

### **(May) Refresher Course (1 day)**

**When:** Monday, May 4, 2026 **Rain Date:** Saturday, May 30, 2026

**Where:** Grand River - Glen Morris (Forbes St) to Birley Gates (142 West River Road South, Glen Morris)

**Time:** 11:30 a.m.—3:30 p.m.

(Meet at canoe shed at Wing 404 at 9:00 a.m.)

**Cost:** \$50.00 (1/2 day)

**Training** includes but is **not limited** to:

- Canoe safety refresh
- Whitewater bow & stern paddle strokes review
- Properly navigating and “reading the river”
- Review of canoe maneuvers & concepts in moving water
- Leadership/rescue/risk management skills

\*\*On the river – bring PFD, dry sack with complete change of clothes, lunch, snacks, water

\*\*Dress for the weather!

### **(May) Mandatory Basic Training Course**

**When:** Saturday, May 9, 2026 **Rain Date:** Saturday, May 30, 2026

**Where:** Day 1 – Nith River, New Hamburg (William Scott Park, 75 Hunter St., New Hamburg, ON)

**Time:** 9:00 a.m.—3:30 p.m. (meet at canoe shed at Wing 404 [510 Dutton Dr., Waterloo, ON] at 9:30 a.m.)

**Cost:** \$70.00

**Training** includes but is **not limited** to:

- Outdoor training on flat water (day 1) and a slight current (day 2)
- Review of dry land, pool, and pond training
- Review and practice paddle strokes in bow and stern for flat water and moving water
- Water and canoe safety
- Introduction to river maneuvers

\*\*On the river – bring PFD, whistle, dry sack with complete change of clothes, lunch, snacks, water.

\*\*Dress for the weather!

## **(May) Intermediate Training**

**When:** Sunday, May 24, 2026. *Rain Date: Saturday, May 30*

**Where:** Part 1 Grand River - Galt (Petro Can) {200 Water St. S., Cambridge] **to** Glen Morris [Forbes St.]

**Time:** 9:00 a.m.—3:30 p.m. (meet at shed at Wing 404 at **9:00 am**)

**Cost:** \$70.00 (total for the two day course)

Training includes, but is **not limited** to:

- Water and canoe safety/risk management/river hazards
- Perfecting of paddle strokes for both bow and stern in faster flowing water & stronger currents
- “Reading the river”
- Maneuvers on the river particularly in faster flowing water i.e. launching & landing canoe, ferries – front and back, C-turns, S-turns, navigating river bends
- Understanding concepts on the river – i.e. River left & right, MITH, eddy lines – entry & exit, waves, standing waves

\*\*on the river – bring PFD, whistle, dry sack with complete change of clothes, lunch, snacks, water; Dress for the weather!

Questions: Contact us at [info@oldsaltsclub.com](mailto:info@oldsaltsclub.com)