

# Safety, it's part of our NATURE

Outdoor water activities involve a certain amount of risks, many of which can lead to drowning. On, in or near water, preparation and prevention are the key to a safe and enjoyable experience. Put all the chances on your side; make safety your priority.

## WATER ACTIVITIES



## BEFORE YOU GO

- ✓ Water activities require certain skills. Before your first outing, it is recommended that you take a training course or invite an experienced person to accompany you.
- ✓ Make a plan that suits your abilities and those of your partners. Contact the park you will be visiting to learn the suggested routes, the characteristics of the body of water and the risks involved, and regulations regarding swimming, which is not permitted everywhere.
- ✓ Check the weather. If necessary, change your itinerary or postpone your activity.
- ✓ Dress appropriately for the season and wear closed-toe shoes with slip-proof soles.
- ✓ In a drybag, bring along the essentials: a means of communication, water and food, a map of the area, a first-aid kit, and contingency supplies.
- ✓ Prepare your craft and the equipment legally required by Transport Canada. Make sure everything is in working order.
- ✓ Inform a close friend about your itinerary and its duration. This person will be your guardian angel and can notify emergency services should you go missing.
- ✓ Make sure you know the rules and regulations, and hours of operation. Get a pass at the park entrance or online.

## WHEN OUT ON THE WATER

- ✓ Write down the emergency contact number and the procedure to follow when in areas without mobile phone coverage.
- ✓ Wear your PFD at all times: on the water, in the water and around bodies of water.
- ✓ Respect your limits and your knowledge. Return to shore if the weather is unstable or conditions make it difficult to navigate.
- ✓ Prevent fatigue! Stay close to the shore. Take regular breaks for food and drink. Whenever possible, go against the current or with a headwind and come back with the current or a tailwind.
- ✓ Leave early enough to complete your activity before dark or have the necessary equipment to remain safe after sunset.
- ✓ It is wiser not to go out on your own.

## WHEN YOU RETURN

- ✓ Let your guardian angel know once you are back.
- ✓ Let park staff know of any breakage or potentially dangerous areas observed during your visit.

## EQUIPMENT

LEGALLY REQUIRED BY TRANSPORT CANADA

- PFD or proper fitting life jacket for each person
- 15 m buoyant heaving line
- Paddle or oar
- Bailer or hand pump
- Whistle
- Waterproof flashlight
- Navigation lights if you are sailing between sunset and sunrise
- In certain situations, other items are mandatory

## RECOMMENDED EQUIPMENT

- Drybag to keep your items dry
- Clothing suitable for the activity and season
- Waterproof windbreaker
- Closed-toe shoes with slip-proof soles
- Depending on the weather: cap or hat and gloves
- Fully charged phone in a watertight case
- Map of the area and your route
- A sufficient amount of water and food
- Headlamp and spare batteries
- First aid kit
- Sunglasses and sunscreen
- Insect repellent
- Lighter
- Hand sanitizer
- Toilet paper
- Garbage bag

Depending on the time of year, the water way and the nature of the activity, you may also need a wetsuit or drysuit.