

Rowing

Including Viking Boats

ELEMENTARY - CURRICULAR 2023

- Grade 6-8 Students Only
- Consult [Risk Management](#).
- This activity page must be presented to the activity provider prior to the activity taking place. The activity provider must meet the minimum requirements listed on this page. For more information on planning trips using outside providers, consult [Outside Activity Providers](#).

Equipment

- Determine that all equipment is safe for use (for example, no sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the teacher.
- Students must wear a correctly fitting and Transport Canada approved personal flotation device (P.F.D.)/lifejacket, with whistle attached, when near or on the water
- Shell inspected before each outing (for example, check for holes, cracks, loose hardware).
- Shell must have bow-ball in good repair.
- Bow and stern buoyancy compartments must be securely closed with water-tight hatches.
- Each shell must be equipped with a signaling device and a watertight flashlight.
- In all shells the foot stretchers, shoes or other devices holding the feet will remain in the shell, each shoe or device shall be independently restrained to limit heel lift to a maximum of 7 cm for each shoe or type of foot gear fitted to the shell. In addition, where laces, velcro or similar materials must be

opened before the rower can remove his/her feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap. Where shoes or other devices holding the feet will not remain in the shell, each shoe or device must be able to be released by the rower without using his/her hands or with a single quick hand action of pulling on one easily accessible strap or release device.

- Must have navigation lights attached if used after sunset or before sunrise or in periods of restricted visibility, as specified in the Transport Canada Safe Boating Guide.
- Oars must be checked for splinters and cracks.
- Riggers and oar-locks must be secure and operate freely.
- Steering lines must be secure and operating correctly.
- One supervisor/instructor boat must be motorized and equipped as per [Transports Canada's Safe Boating Guide](#). Examples:
 - One CSA approved P.F.D./lifejacket of appropriate size for each member of the supervisor/instructor boat
 - paddles
 - bailer
 - watertight flashlight
 - signaling device
 - motor in good repair, with sufficient gas for entire session
 - 23m (75') floating rope
- The supervisor/instructor boat engine must be running before students leave dock.
- A reboarding device is required where the vertical height that a person must climb to reboard the boat from the water (freeboard) is over 0.5m (1'8").

Refer to the [First Aid](#) section for first aid equipment requirements.

Clothing/Footwear/Jewellery

- Appropriate clothing and footwear must be worn. A dry change of clothes must be available on shore.
- Supervisor/instructor boat occupants are required to wear personal flotation devices (P.F.D.) while on the water at all times.
- Glasses, if worn, must have a safety strap.
- When long hair poses a safety risk it must be secured. Devices (for example, hair pins, elastics and barrettes) used to tie back long hair must not present a safety concern.
- Students must not participate when the length of fingernails poses a safety risk to themselves or others.

Facilities

- Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the teacher.
- When using an indoor rowing facility or a rowing club, the rules and Codes of Conduct of that facility or club must be followed.

Dockside/Boathouse

- Must have posted walking traffic pattern with hazards identified (for example, keep to right, dock slippery when wet).
- Teachers must be aware of the site's Emergency Action Plan (EAP), including the site specific rescue plan, and share with all supervisors and participants.

On the Water

- Constantly evaluate the instructional area addressing issues as they arise (for example, pulling out deadheads or alerting crews to avoid areas if there is debris).
- The teacher/instructor must inform students of debris.
- Be aware of water currents, especially those created by rapids and waterfalls.
- All sites must not include rapids and waterfalls.

Environmental Considerations

- When environmental conditions may pose a risk to student safety (for example, thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into consideration their school board/school's protocols and procedures related to:
 - environmental conditions (consult [Weather](#)); and
 - insects (for example, mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).
- Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (for example, sun burn, heat stroke).
- At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (for example, outside activity providers, facility/program coordinators), the higher standard of care must be followed.
- Teachers/supervisors must be aware of weather forecasts, especially wind conditions, temperature of the day, potential for thunder/lightning and fog conditions.
- Activity must be cancelled in adverse conditions and when there is poor visibility (for example, first sign of white caps).
- If inclement weather approaches suddenly, seek appropriate shelter immediately.
- Daylight rowing only.
- Students must be familiar with basic first aid, hypothermia, and injuries caused by extreme heat.

Special Rules/Instructions

- Be aware of students whose medical condition (for example, asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. Consult [Medical Conditions](#).
- Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (for example, outline possible risks and ways to

minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

- Refer to school board policies and procedures (i.e., transportation, excursion/field trip) for communication with parents/guardians, the location of an off-site activity, means of transportation, supervision ratios, and parent/guardian permission.
- Parents/guardians must be informed that all students will wear a correctly fitting and Transport Canada approved PFD/lifejacket, with whistle attached, when near, in or on the water.
- Activities must be modified according to the age, ability level, language, and experience of students, number of participants, and the facility available.
- Previous training, fitness level, and the length of time and intensity of physical activity must be taken into consideration.
- Activities must be based on skills that are taught.
- Skills must be taught in proper progression.
- Skill level must be appropriate for the water conditions.
- A proper warm-up and cool-down must be included.
- When a student displays hesitation (verbally or non-verbally) with participating, the teacher must determine the reason(s) for doubt. If the teacher believes that a potential hesitancy during the skill could put the student at risk, the student must be directed toward a more basic skill, or be permitted to select a role within the activity at their comfort level, including the choice to not participate.
- Prior to participation, the teacher must reference and apply their school board's policy on equity and inclusion as it affects student participation and makes appropriate accommodations/modifications to provide a safe learning environment. Consult the Intent subsection within the [About section](#).
- Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during, and after physical activity to prevent dehydration.
- Students must receive instruction on safety procedures, use of equipment and rowing techniques prior to initial practice.

Emergency Procedures

- If standards vary between the Ontario Physical Activity Safety Standards in Education and an activity provider, implement the higher standards.
- Site specific rescue plan must be devised and shared with all supervisors and participants.
- All teachers/instructors must be knowledgeable of the established safety and capsizing procedures. Teachers/instructors must outline these procedures to rowers and coxswains.
- Students must be instructed to remain with rowing shell and oars for flotation and visibility purposes if an accident occurs.
- Should a shell swamp (take on water), rowers are not to attempt to swim to shore but stay with the shell using it as a flotation device and follow these steps:
 - Crew numbers off and removes feet from shoes. Remain in place if possible.
 - Make distress signal.
 - If necessary, crew enters water in pairs from middle of shell, buddy up across shell.
 - Coxswain buddies with stern pair in a stern-loaded coxed shell or bow-pair in a bow-loaded coxed shell.
 - Swing oars parallel to shell to increase flotation.
 - Unless rescue is imminent, move crew to bow and stern and roll shell over (fin up) with the wind. Crew should lie across hull, as far out of the water as possible, in pairs, holding on to the other person.
 - The supervisor/instructor boat distributes P.F.D's on arrival and conducts headcount.
 - The supervisor/instructor boat shuttles rowers to nearest shore. DO NOT overload the supervisor/instructor boat.
 - Conduct headcount on returning.
 - Recover shell.
- In case of an emergency, a pre-determined return route must be established.

- Procedures must be in place to ensure accountability for all shells and teachers and students on the water at any given time, in case of an emergency.

Supervision

- All activities must be supervised.
- The level of supervision must be commensurate with the inherent risk of the activity. The level of risk is related to the number of participants, the skill level of the participants, the type of equipment used, and environmental conditions.
- On-site supervision is required.
- Instructor in supervisor/instructor boat must be within 500m (1640') of students during all on-water sessions.

Refer to the [Swim Test](#) section for the swim test supervision ratios.

Supervision Ratios for Instructional Time

- One supervisor/instructor boat must be assigned for every 9 rowers.
- Rowing: 1 instructor per 9 students.
- Viking Boats: 1 instructor per 15 students.

Refer to the definition of [Instructional Time](#).

Qualifications

Refer to the [Swim Test](#) section for the swim test aquatic instructor qualification requirements.

- The operator of the supervisor/instructor boat must have Pleasure Craft Operator Card.

Rowing Instructor Qualifications

- Instructor expertise derived from one of the following:
 - NCCP Rowing Technical Level I

- attendance at Rowing Canada Aviron Learn to Row Instructor's workshop or equivalent within last 3 years

Refer to the [Swim Test](#) section for the swim test lifeguard qualification requirements.

First Aid

- A fully stocked first aid kit must be readily accessible. (Consult [Sample First Aid Kit](#))
- A working communication device (for example, cell phone) must be accessible.
- At least teacher, trip guide, instructor, or supervisor must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.
- Follow the school's first aid emergency response (consult [First Aid Plan and First Aid Emergency Response](#)) and the school board's concussion protocol (consult [Concussions](#)).
- An emergency action plan and response to deal with evacuations and lock downs must be followed and communicated to students.

Swim Test

Swim Test for Watercraft

- Prior to the activity, students must successfully complete the following swim test in its entirety, in sequence and without any aids or stops:
 - rolling entry (backwards or forward) into deep water at 2.75m (9') minimum depth
 - tread water for 1 minute
 - swim 50m (164') continuously any stroke

- demonstrate the ability to put on a personal flotation device (P.F.D.) while in the water
- The test must be administered by a certified aquatic instructor or a certified lifeguard (the test is based on the Lifesaving Society's Swim to Survive™ Standard).
- The swim test must be completed within the school year in which the activity is taking place.
- In lieu of completing the swim test, students may provide proof of Bronze Star certification or higher.
- Results of the swim test must be documented and communicated as per school board policy (for example, to the student, teacher, principal, parents/guardians, trip guide(s), lifeguards, aquatic instructor, and outside provider [if applicable]).
- Students who do not pass the swim test or who do not have the aforementioned certification must not participate in the activity.

Clothing/Footwear/Jewellery for the Swim Test

- Appropriate swimwear must be worn.

Aquatic Instructor Qualifications for the Swim Test for Watercraft

- An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard/assistant lifeguard certificate that are dated not more than two years prior to the date on which they are required to instruct and lifeguard. If the aquatic instructor does not hold a lifeguard certificate or an assistant lifeguard certificate, a certified lifeguard must also be on deck during the swim test.
- Aquatic Instructor Certificates:
 - Lifesaving Society - Instructor Certificate
 - YMCA - Instructor Certificate
 - Ontario Teachers Aquatic Standard (OTAS) - for pool situations only
- Verified copies of certification must be available in the swimming area.

Lifeguard and Assistant Lifeguard Qualifications for the Swim Test for Watercraft

A lifeguard/assistant lifeguard must be 18 years of age or older and possess a current (the date on the certificate must not be older than two years) lifeguard/assistant lifeguard certificate issued by one of the following organizations:

- Lifeguard Certificates:
 - Lifesaving Society – National Lifeguard – Pool/Waterfront
 - Equivalent certificate approved by Minister of Health and Long Term Care
- Assistant Lifeguard Certificates:
 - Lifesaving Society - Bronze Cross
 - Equivalent certificate approved by Minister of Health and Long Term Care
- A student may not act as a lifeguard/assistant lifeguard if they are participating in the activity.
- Lifeguard certification is the only acceptable standard in a waterfront scenario.
- Verified copies of certification must be available in the swimming area.

Supervision Ratios for the Swim Test for Watercraft

Pool Swim Test

- There must be a minimum of 2 certified aquatic instructors or lifeguards on deck or in the pool.
- Supervision ratio is 2 certified aquatic instructors or lifeguards per 1 to 50 students.
- In situations where there are 51 to 75 students, an additional certified aquatic instructor or lifeguard is required.
- If assistant lifeguards are used, the number of assistant lifeguards on deck may never exceed the number of lifeguards.

Waterfront Swim Test

- There must be a minimum of 2 certified aquatic instructors or lifeguards at the waterfront or in the water.
- Supervision ratio is 2 certified aquatic instructors or lifeguards per 1 to 25 students.

- For every additional 25 students, an additional certified aquatic instructor or lifeguard is required.

Definitions

- **In-charge Person:**

- Some activities refer to an “In-Charge” person. While the teacher is in-charge and responsible for the overall safety and well-being of students under their care, sometimes there are other personnel who must be identified as “In-Charge” related to specific situations (for example, a pool lifeguard). In activities where an “In-Charge” person is designated, that person, in consultation with the teacher, must make final decisions regarding safety of the students

- **Instructional Time:**

- Instructional time is defined as time during which there are organized activities or instructions. Examples of instructional time are lessons, events, practice, and games.

- **Personal Flotation Device (PFD):**

- According to [Canadian Red Cross](#), “A Canadian approved PFD is designed to keep you afloat in the water. PFDs were designed for use in recreational boating and are generally smaller, less bulky and more comfortable than lifejackets. They have less flotation than lifejackets, and have limited turning capacity, but are available in a variety of styles and colours.”

- **Supervision:**

- The vigilant overseeing of an activity for regulation or direction. Activities, facilities, and equipment have inherent risks, but the more effectively they are supervised, the safer they become.
- The Ontario Physical Activity Safety Standards in Education designate three categories of supervision, Constant visual supervision, On-site supervision, and In-the-area supervision. The categories take into consideration the risk level of the activity, the participants’ skill level and the participants’ maturity. The three levels of supervision described are not hierarchical but represent

the type of supervision that an activity requires and the type of supervision that is inherently possible.

- **Supervisor:**

- A supervisor is defined as a teacher, vice-principal or principal with a current certification from the Ontario College of Teachers and under contract by the school/school board. The supervisor is legally responsible for the students.

- **Types of Supervision:**

- **Constant Visual Supervision:**

- Constant visual supervision means that the teacher is physically present, watching the activity in question. Only one activity requiring “Constant visual” supervision may take place while other activities are going on.
- Curricular example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track while a third group is distance running around the school. For high jump, the teacher is at the high jump area and is observing the activity.
- Intramural example: During a school outdoor special events day, some students are involved in parachute games, some in relay games, and others in a team scavenger hunt around the school. For parachute, the intramural supervisor is at the event and is observing activity.

- **In-the-area Supervision:**

- In-the-area supervision means that the teacher could be in the gymnasium while another activity is taking place in an area adjacent to the gymnasium. In-the-area supervision requires the teacher to be readily accessible.
- In-the-area supervision occurs:
 - in activities in which students may be out of sight for periods of time and the location of the teacher is not nearby (for example, alpine skiing, cross-country

running). At least one of the following criteria must be in place:

- The teacher is circulating
- The location of teacher has been communicated to students and volunteers
- in single activities and those that may be combined (for example, other in- the- area activities such as badminton, table tennis, handball – wall) with the following criteria in place:
 - The teacher must be circulating between the activities and readily accessible
 - The teacher informs students of the location of the activities
- Curricular example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track while a third group is distance running around the school. For distance running, the students are running around the school and at times may be out of sight.
- Intramural example: During a school outdoor special events day, some students are involved in parachute games, some in relay games, and others in a team scavenger hunt around the school. For a scavenger hunt, the students are running around the school grounds and at times may be out of sight.

○ **On-site Supervision:**

- On-site supervision entails teacher presence but not necessarily constantly viewing one specific activity. Momentary presence in adjoining rooms (for example, equipment room) to the gym is considered part of “on-site supervision”.
- Curricular example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track while a third group is distance running around the school. For a relay, the students are practising on the track and can be seen by the teacher who is with the high jumpers.
- Intramural example: During a school outdoor special events day, some students are involved in parachute games, some in relay games, and others in a team scavenger hunt

around the school. For relay games, the students are participating on the playground and can be seen by the intramural supervisor.

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