

## **Overview**

All Fort Canoe and Kayak Club (FCKC) programs are designed around the Canadian Sport for life Long-Term-Athlete Development-Model and in line with the CanoeKayakCanada LTAD Model. They are delivered by certified paddling coaches.



Our coaches are well trained. They have:

- Emergency First Aid with CPR C and AED
- Criminal Record Check (if over 19 years of age)
- Pleasure Craft Operator Card
- Making Ethical Decisions [NCCP Make Ethical Decisions | CAC \(coach.ca\)](#)
- Canoe Kids [CanoeKids | Coach](#)
- Safe Sport [Participants Training | Safesport \(coach.ca\)](#)

Our field trips introduce youth to paddling in recreational canoes and kayaks. At the end of the session, students will have been introduced to basic boat and paddle handling skills, will have learned water sense and safety awareness, and will have had a great time challenging their own abilities. They will have also developed coordination, balance, boat control, body awareness, as well as self-confidence and team-work skills.

No swim experience is necessary, but all participants must wear a PFD and be comfortable near/on water.

## **Location**

We're based in Fort Langley at the [Paddlesport](#) Dock on Billy Brown Road, downriver (west) of the Jacob Haldi Bridge where Glover Road crosses the Bedford Channel of the Fraser River.

If the water on the Bedford Channel is running too fast or too high in the spring, we move our boats to the Salmon River and paddle from the Salmon River Dock. You can find a map of where the Salmon River Dock is here: [Fort Canoe and Kayak Club Salmon River Dock](#). The dock is about a three minute walk down a small section of the Fort-to-Fort trail, with the trailhead at 22866 Billy Brown Road, fairly close to where it meets 96th Ave. Most participants park at the trailhead and walk in from there.

We will let you know the location of the field trip closer to the date.

## **Timeline**

A typical field trip looks like this:

- 10:00am Arrival and Orientation
  - Introduction
  - Warm-up and games
  - Water sense and safety awareness information
  - Basic boat handling and paddle handling skills
- 10:30am Period 1

Group 1: Paddlers in canoes  
Group 2: Paddlers in kayaks  
Group 3: Dryland games  
11:30am Period 2  
Group 1: Dryland  
Group 2: Paddles in canoes  
Group 3: Paddles in kayaks  
12:30pm Lunch  
1:00pm Period 3  
Group 1: Paddlers in kayaks  
Group 2: Dryland games  
Group 3: Paddlers in canoes  
2:00pm Departure

### **Cost**

#### **4 Hour Field Trip**

Up to 16 Participants \$570

Up to 28 Participants \$870

\*GST is NOT included in these prices

#### **2 Hour Field Trip:**

Up to 16 Participants \$400

Up to 28 Participants \$760

\*GST is NOT included in these prices

+\$10 per participant over 28 participants (limit 32 \*depending on age) to cover the base insurance cost.

### **Insurance and Waivers**

All paddlers under the age of majority need their parents' or guardians' permission to paddle with us. **We require all paddlers to fill out and bring the [FCKC Field Trip Waiver](#) and [FCKC Personal Health Form](#) with them.**

**To fulfill our insurance requirements, we require all participants' contact information be entered into the attached spreadsheet and sent back to this email address at least two days in advance of the booking.**

We kindly request additional support (1-2) if the class size exceeds 28 students in Grades 3, 4, and 5. We would greatly appreciate the involvement of teachers or parent volunteers to help ensure a productive and supportive learning environment for all students.

### **Gear**

Paddlers should wear comfortable clothing suitable for paddling. There's a good possibility of getting wet, so clothing that is easy to change out of and/or dries quickly is best. Participants should wear running shoes for the dryland games.

We provide a location where belongings can be locked up while on the water. Participants should bring the following items:

Towel

Change of Clothes

Light Jacket

Hat

Water

Food

Bug Repellant

Sunscreen

Sunglasses