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Welcome to Winnipeg, Manitoba and your canoeing adventure of a lifetime. We have taken many steps to make sure that you have as safe a trip as possible and to that end we require that you read this carefully so that you are aware of any safety issues and rules/regulations.

For your information what follows are a few regulations, safety issues, and waivers that you need to read, initial and fill out prior to starting your canoe trip with Wilderness Spirit Adventures.

Safety Issues:

As with any outdoor adventure activity such as canoeing there is a certain amount of risk associated with the trip. Please fill out the accompanying waiver form and sign it indicating that you have read and agreed as acceptable the inherent risk of your chosen activity.

The Canadian Shield is a beautiful area but can also be a dangerous place. Some of these risks include, slippery rocks (especially when wet), moving water, rapids, weather and wildlife. Wilderness Spirit Adventures has a spotless safety record and we would like to keep it that way for your enjoyment as well as your safety. To decrease any risk associated with your trip we require that you wear your PFD, helmet and shoes prior to reaching a rapid or portage as well as when we scout a rapid. Most accidents on a river occur within 3 m of shore so wearing your helmet and PFD will decrease your risk. Shoes should be worn at all times in a canoe so that you do not step on a sharp rock or stick that could injure your foot.

We have never had any wildlife problems so we ask that you do not store any food in your tent to prevent any wildlife from visiting and trying to locate the source of that smell.

Prior to the trip beginning your guide will go through some important safety issues when canoeing in a moving water situation. This will include river dynamics, how to swim in moving water, how to rescue yourself, how to empty a canoe that has turned over for whatever reason, how to use the throw ropes that are provided in each canoe etc. This is a comprehensive lecture and will include some in-water practising of the safety issues. There is plenty of time to ask questions and we encourage you to do so to clarify any issues you might be concerned about.

If a thunderstorm develops during the day we have a strict rule that states we must get off the water and take lightening strike prevention actions. If the time from lightening flash to crash (the thunder) is less than 10 seconds we MUST get off the water immediately and take shelter on shore. We will seek a safe place during the storm and wait until the storm has passed prior to returning to the canoes and continuing our trip. Past experience has shown us that these storms pass fairly quickly in Manitoba so our wait on shore does not have to be long.

Please initial here to indicate that you have read the preceding paragraph. _____

Medical Information:

The waiver form also contains your medical information that is pertinent to having a safe trip. If you have not done so already, please fill out all information on the form. We ensure you that this information will be kept confidential. We require any pertinent medical information so that we are aware of any potential problems that may develop over the course of your trip. This helps us plan and be aware of any medical issues that may arise as well as know what medications you may be taking if a medical issue incapacitates you for some unexpected reason.

Please initial here to indicate that you have read the preceding paragraph. _____

Some Simple Rules and Regulations:

All participants must wear PFDs, helmets and shoes prior to reaching a rapid and while canoeing through the rapid if you choose to do so. Those individuals that are not capable swimmers should wear their PFD at all times. Your guide will remind you of this before you reach each rapid. In addition PFDs, helmets and shoes must be worn while we scout a rapid.

All decisions made by the guide are final. This may include a decision that will not let you run a particular rapid if the guide determines that your skill level is not sufficient.

No alcohol is to be consumed during the day, while canoeing or at any other time except when canoes are racked on shore at the end of the day and camp is completely set up. This policy is strictly enforced.

Please initial here to indicate that you have read the preceding paragraph. _____

Safety Gear in Canoes:

Your canoes are all equipped with throw bags, end ropes, bailers, an extra paddle, and float bags and your PFDs have a whistle attached to them. Most of this equipment is required by Transport Canada but we have included the float bags in the canoes for safety reasons. Your guide will teach you how to use this equipment during the safety and river knowledge lecture at the river.

Please initial here to indicate that you have read the preceding paragraph. _____

One Last Comment:

Please rest assured that we are not trying to fill you with rules and regulations because we feel like it. We want you to enjoy your time spent on your trip and we only ask that you follow these simple rules. Don't be afraid to ask your guide any question that might come up at any time during the trip and if you have any safety issues at all please ask your guide immediately.

Thanks for taking the time to read and accept this participant package as just a small step in making sure that you have a safe trip and are aware of the inherent safety issues of going on such a trip.

Your sincerely,

Wilderness Spirit.