

Paddle Safely!

The Ceyana Canoe Club has high standards for safety on all club trips and outings. We employ the following safety practices:

Personal Preparedness and Responsibility

1. Be a competent swimmer, with the ability to handle yourself underwater.
2. Wear a lifejacket (snug fit vest type).
3. Wear a correctly fitted helmet when upsets on rivers and whitewater, and surf are likely.
4. Do not boat out of control. Your skills should be sufficient to stop or reach shore before reaching danger.
5. Whitewater rivers contain many hazards which are not easily recognized. The most frequent killers are: high water, cold, strainers, dams, weirs, ledges, reversals, holes, hydraulics and broaching.
6. Boating alone is discouraged.
7. Have a frank knowledge of your boating ability and don't attempt rivers or rapids that lie beyond that ability.
8. Be practiced in self-rescue, including escape from an upturned craft. Competence in the Eskimo roll is recommended for decked craft that run rapids Class III or greater, or who paddle in cold environmental conditions.
9. Be trained in rescue skills, CPR, first aid, and how to treat hypothermia.
10. Carry equipment needed for unexpected emergencies (footwear, throw rope, knife, whistle, waterproof matches, tied-on eyeglasses, repair tape and kit). Do not wear bulky clothing or boots that could reduce your ability to survive a swim.
11. Despite the mutually supportive group structure described in this code, **individual paddlers are ultimately responsible for their own safety.**

Source:
American Whitewater Affiliation Safety Code.



Favourite Spots

Members of Ceyana paddle on rivers and lakes throughout Alberta. Favourite club spots include:

- Red Deer River
- North Saskatchewan River
- Islet Lake
- Sturgeon River
- Astotin Lake
- Athabasca River
- Pembina River
- Lobstick River
- Wildhay River
- Maligne Lake

Periodically Club members challenge other rivers in the province, such as: the Bow, Elbow, Blackstone; Belly, St. Mary's, Waterton, Castle, Crowsnest, Oldman, Brazeau, McLeod, Little Smoky, Smoky and the Peace. Sometimes we travel outside the province for different adventures, on lakes, rivers and even the Pacific Ocean.

Membership Fees

	<u>1 Year</u>	<u>2 Year</u>	<u>5 Year</u>
Individual	\$40	\$70	\$135
Family	\$50	\$85	\$160
Seniors/Student	\$30	\$45	\$100 (Sn)



"on the water since 1978"



**COME
PADDLE WITH US!**

www.ceyana.ca



Come paddle with us!

Ceyana Canoe Club of Edmonton is a recreational canoe club that has activities for everyone. The Club emphasizes safe, fun paddling. Ceyana prides itself on being a family club. Children of all ages are encouraged to participate in all club activities and everyone has a great time!

Tuesday Night Paddling

Each Tuesday, following the May long weekend, 7:30 to 9 pm, we offer paddling sessions at the Rundle Park Paddling Centre. The centre is just south of the ACT Centre in Rundle Park. Sessions are free, informal, and basic instruction for canoe, kayaks and SUPs is available most evenings.

Canoeing and Tripping

Each year Ceyana develops a spring/summer tripping schedule that features safe and fun, day and weekend trips suitable for novice and experienced paddlers on lake, rivers and whitewater throughout Alberta. Competent leaders are drawn from club members for each trip. Canoes and equipment are available for Club members.

Social Meetings

Social meetings are held occasionally throughout the year and feature a variety of topics of interest to outdoor enthusiasts. The social and other events foster strong bonds of friendship among club members.

Communications

To keep you informed about club events and to keep in touch with fellow members, Ceyana maintains a website, a Facebook Community (*Ceyana Community*) and an e-mail service (*ceyananews@googlegroups.com*).



Club members have paddled in "big" canoe brigades on the Rideau Canal, across Western Canada, and in the Gulf Islands.

Education

Learn to canoe with us!

Every year Ceyana offers a wide range of educational programs. Pool sessions start the season off in March or April with pond and river sessions in May and June. Sample of courses may include: Rescue Clinic, Learn to Canoe, Introduction to Moving Water, and Introduction to Whitewater.

To register or to obtain more information on these or any other courses we are offering, please check out our education pages at www.ceyana.ca/education.htm



For more information:

Website: www.ceyana.ca

Contacts:

President president@ceyana.ca
Membership membership@ceyana.ca
Equipment/Property equip@ceyana.ca
Tripping Coordinator tripping@ceyana.ca
Education Coordinator education@ceyana.ca

Write:

Ceyana Canoe Club
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Ceyana Canoe Club is a member of *Paddle Alberta*, the *Edmonton Paddling Centres Association*, and the *Alberta Whitewater Association*.



www.paddlealberta.org

Cover drawing by P. Jeremy
All photos by M. Lund

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