



Sanctioned Activities
Whitewater, Sprint, Marathon Disciplines

May, 2013

- Supervised* on water practices including
 - sprint boats
 - dragon boat
 - stand up paddleboards
 - outriggers
 - other non-motorized recreational boats
 - marathon boats
 - whitewater boats
- canoe polo
- sanctioned regattas, races and competitions
 - including loading and unloading boats/equipment
- training clinics
- coaching and instructor certification clinics
- official certification clinics
- training camps
- running
- weight training
- ergometer training
- aerobic training
- paddle pool training
- cross country skiing
- soccer and other aerobic games
- swimming

*Supervised means with a certified coach.

It is understood that all activities will be conducted in accordance with the OCSRA, Marathon and Whitewater safety policies as posted on the respective websites.

<http://www.ocsra.ca/documents-1>

http://www.omcra.ca/index.php?option=com_content&view=article&id=10&Itemid=11

<http://www.whitewaterontario.ca/index.php/programs/insurance/event-sanctioning>