



Sanctioned Activities  
Whitewater, Sprint, Marathon Disciplines

February 2016

- Supervised\* on water practices including
  - sprint boats
  - dragon boat
  - stand up paddleboards
  - outriggers
  - other non-motorized recreational boats
  - marathon boats
  - whitewater boats
- PaddleAll programs
- Kids paddle programs
- Entry level paddling programs
- canoe polo
- club competitions
- 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 or affiliate approved trip leader

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

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