

Scout Whitewater Course and Trip – Lower Madawaska

Total distance: 41.5 km

Rapids/portages: 15

Day 1

- Meet at noon at Paddler's Co-op*
- paddling time – 2 – 3 hours
- total portage – 0
- set up camp and establish ground rules & patrol of the day
- on water by 3pm
- introductory work on flat water, canoe over canoe rescue & possible swim through
- evening theory
- *escape point* – camped at Paddler Co-op – staff on-site & hospital 25km away in Barry's Bay

Day 2

- Base Camp at Paddler's Co-op
- paddling time – 6 hours
- total portage – 0
- on the water by 9:30
- lunch at 12:30
- on the water by 2:00
- off the water with supper prep, etc.
- Evening theory
- *escape point* – camped at Paddler Co-op – staff on-site & hospital 25km away in Barry's Bay

Day 3

- Base Camp at Paddler's Co-op
- paddling time – 6 hours
- total portage – 0
- on the water by 9:30
- lunch at 12:30
- on the water by 2:00
- off the water with supper prep, etc.
- Evening theory
- *escape point* – camped at Paddler Co-op – staff on-site & hospital 25km away in Barry's Bay

Day 4

- Begin at base camp, but begin to travel
- paddling time - ?? (total 18km)
- travel from Paddler's Co-op to sites just past Aumond's Bay (@18km)
- rapids/portages – 3 (total 250m)
 - Aumond's rapids section 1 (40m @13.5km)
 - Aumond's rapids section 2 (170m @13.75km)
 - Aumond's rapids section 3 (40m@ 14.2km)
- pack up, snack & lunch prep, water bottles
- on the water by ??? - may want some practice time on water & have lunch on site or leave mid-morning depending on preparedness
- set up camp & review no-trace guidelines and campsite practices
- supper prep
- fun evening with fire and s'mores
- *escape point* – Aumond's Bay put in road within a km or 2 of campsite – hospital in Bancroft

Day 5

- paddling time – ? (3.5–7.5 km)
- rapids/portages – 5 to 8
 - Island – 50m, class 3, @ km 21.2
 - Dog Leg – 540m, class 2, @ km 21.8
 - Shallow – 375m, class 1, @ km 22.5
 - The Narrows – 185m, class 2/3, @ km 22.8
 - Exam Time – 125m, class 2/3, @ km 23.5
 - Rifle – 125m, class 3/4, @ km 23.8
 - Split Rock – 250m, class 2/3, @ km 24.5
 - Raquette – 500m, class 2/3, @ km 25.4
- Camp somewhere between Exam Time (km 23.5) and Raquette (km 25.5). Look for a place the scouts can swim and practise WW with minimal supervision. In terms of breaks in rapids/days, Exam Time or Rifle are the best choices.
- *escape point* – Hass Farm at Island Rapid (@ km 21.2) walk to farm house via road on river right OR back to Aumond's Bay (@ km 18) – hospital in Bancroft

Day 6

- Paddling time – ? (7–9 km)
- rapids/portages – 3 to 5
 - Rifle – 125m, class 3/4, @ km 23.8
 - Split Rock – 250m, class 2/3, @ km 24.5
 - Raquette – 500m, class 2/3, @ km 25.4
 - Slate Falls – 250m, not runnable, @ km 30.5
 - Crooked – 550m, class 1/2, @ km 32.6
- Camp at Crooked Rapids
- last night campfire
- *escape point* – Griffith (@ km 41, 9 km from end of day) or Buck Bay (@ km 27, 6 km back from end of day) – hospital in Bancroft

Day 7

- Begin at Crooked Rapids (~32.5 km point)

- On water by 8:30am
- paddling time – ? (total 9 km)
- rapids/portages – 4/5
 - Crooked – 550m, class 1/2 (if not already run), @ km 32.6
 - Wadsworth – 750m, class 1/2, @ km 35.9
 - Stoney Swift, @ km 38.5
 - Buck Ledge – class 1/2, @ km 39
 - Highland Falls – 250m, class 4/5, @ km 39.5
- Arrive at Griffith about 1pm
- *escape point* – Griffith (9km from start of day), however, there are many cottages along the river as it approaches Griffith. There may well be earlier exits possible along Highland Creek Road on river left. – hospital in Bancroft

*6535 Palmer Rd RR 1

Palmer Rapids, ON K0J 2E0, Canada

(613) 758-2772

<http://paddlerco-op.com/content/maps>

Boathouse: Palmer Rapids is circled on the large detailed portion of the map. If you arrive in Palmer Rapids via hwy 514, turn left onto 515 and drive through the small town of Palmer Rapids. Approx. 2 km past town, cross over the Madawaska River. Stay on this highway for approx. 1 more km and just as the highway bends to the left, slow down. Our site is on the left hand side of the road, and our civic address is: 6535. You will notice the large green and blue buildings as well as the Paddler Co-Op Boathouse sign. If you are coming from hwy 62, turn onto hwy 515 towards Palmer Rapids. You will reach our site before you come to the river. If you cross the river, you have gone too far. Our site is on the right, just past Dam Rd.

Scouts Canada Emergency Plan

- ✓ Level 3 activity forms collected
- ✓ copy of registration form for all participants (including Beth and Keith)
- ✓ Physical Fitness Certificate from Peter
- ✓ Emergency number is 911
- ✓ Nearest hospitals: Bancroft and Barry's Bay
- ✓ Keith has Wilderness First Responder, Peter has Wilderness Advanced First Aid, Beth has Standard First Aid
- ✓ Have large first aid kit on trip, checked on June 30
- ✓ Beth will have a cell phone that can be used in emergency. However, it may be necessary to hike out to a road to ensure it operates.
- ✓ Possible evacuation points are noted on the day-by-day schedule above
- ✓ Trip Plan left with Vida and/or Dita (parents of two of the youth)
- ✓ Repair kit is checked and packed

Scouts Canada Action Plan

- injury or illness
 - most qualified responder present will take control of the situation until patient reaches definitive medical care.
 - Tasks include:
 - assessing injuries and treatment possible in the field and carrying it out
 - document assessment, vitals and treatments throughout the period of care
 - document the entire incident after care has been transferred
 - evaluate for possibility of prevention of future incidents
 - other leaders will reassure other participants and keep them out of the way of patient care, or use them as a resources as needed.
- Equipment loss
 - leadership team will secure remaining gear and reassure participants
 - leaders will discuss possibilities of equipment recovery (from boat pin, etc.)
 - if recovery is possible, then recovery attempts will commence with great regard for personal safety
 - if recovery is not possible a plan to either terminate the trip or work around the missing gear will be undertaken