



Sanctioned Activities  
Whitewater, Sprint, Marathon Disciplines

May, 2015

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

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