

Paddle Safely!

The Ceyana Canoe Club has very high standards for safety on all club trips and outings. Please 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 solid, correctly fitted helmet when upsets 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: high water; cold, strainer; 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. The Eskimo roll recommended for decked craft who run rapids Class IV 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, Revised 1998



Christina River– photo by M Lund

Favorite Spots

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

- Red Deer River
- Brazeau River
- Blackstone River
- Pembina River
- Wildhay River
- North Saskatchewan River
- Sturgeon River
- Kootenay River
- Lobstick River
- Malinge Lake

Periodically Club members challenge other rivers in the province, such as the Bow and Elbow; the Macleod; the Belly, St. Mary's and Waterton; and the Little Smoky, Smoky and Peace, and they sometimes travel outside the province for different adventures.

Membership Fees

	<u>1 Year</u>	<u>2 Year</u>
Individual	\$35	\$55
Family	\$45	\$75
Seniors/Juniors	\$30	\$45



**COME
 PADDLE WITH US!**



Sturgeon River – photo by M Lund

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!

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 expert paddlers on rivers and lakes throughout Alberta. A competent leader drawn from club members leads each trip. Canoes and equipment are available for rent to 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 and regularly sends out newsletters by email.

Tuesdays Night Paddling

Weekly paddles usually start the Tuesday, 7 to 9 pm, following the May long weekend. Members have access to a wide variety of canoes and kayaks at the Rundle Park Paddling Centre, just south of the ACT Centre. Sessions are informal, and basic instruction for canoe and kayak is available most evenings.



Islet Lake – photo by M Lund

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 website at

www.ceyana.ca.



The Pembina River – photo by M Lund

For more information:

Website: www.ceyana.ca

Contacts:

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

Write:

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Ceyana Canoe Club is a member of Paddle Alberta, the Alberta Whitewater Association, and Paddle Canada.



www.paddlingcanada.com



www.paddlealberta.org

Cover drawing by P Jeremy