## **BURLOAK CANOE CLUB SAFETY MANUAL**

## **INDEX**

Tab 1:	Index
Tab 2:	Discrimination and Harassment Policy
Tab 3:	Safety and First Aid Procedures
Tab 4:	Release of Liability (CKC Appendix B)
Tab 5:	Cold Water Effects (CKC Appendix C)
Tab 6:	Canada Shipping Act, Small Vessel Regulations (CKC Appendix D)
Tab 7:	Emergency Action Plan, Template (CKC Appendix E)
Tab 8:	Accident Report Form, Sample (CKC Appendix F)
Tab 9:	First Aid Kit Checklist, Sample (CKC Appendix G)
Tab 10:	PAR-Q & You (for beginner participants) (CKC Appendix H)

Tab 11: Cold Water Waiver Form (CKC Appendix J)