



Our club is in the planning stages of some very exciting happenings. Come out and enjoy the snowshoe treks while we still have snow on the ground.

The Trip Planning meeting on Feb 23 at John and Suanne Rankin's house at 7 pm, is open to anyone interested or who may have ideas for trips. Whether you are leading trips, requesting trip destinations for the upcoming season, or you just like dreaming about where to go this summer - Everyone is welcome! Be sure to look on the web or in the next edition for the awesome trips planned for this coming season.

The Reel Paddling Festival March 12th and 13th, is sure to spark our enthusiasm for the upcoming paddling season. The committee is looking for pictures for display boards - contact Ross Rutley at [tripping@bckc.ca](mailto:tripping@bckc.ca) Get your tickets online, at the door or available from the following vendors. Angie's Outdoor, Soujourn, Red Beard Sports, Muskoka Paddle Shack , and Canoe North..

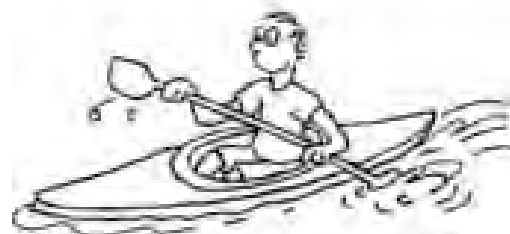
Pool sessions are continuing on Feb 14, 21, 28 and on March 21st and 28th at Allandale Rec Centre pool, located at Bayview Ave, Barrie.

Wilderness First Aid is scheduled in April for anyone interested or who needs to renew for the coming year. See page 3 inside for details.

Next club meeting is on March 8th, at 6:30 pm, with a presentation by Gord Haggert, from ORCKA, on his Thelon River trip. Please bring your mug--we are trying to reduce our environmental footprint. Hope to see you there.



**REEL PADDLING  
FILM FESTIVAL  
WORLD TOUR 2010**



Friday March 12th and Saturday March 13th, Fisher Auditorium, Dunlop St, Barrie  
7PM Tickets \$12.00 online at <http://filmfest.bckc.ca> or \$15.00 at the door and also available from the following vendors. Angie's Outdoor, Soujourn, Red Beard Sports, Muskoka Paddle Shack , and Canoe North.

WHAT'S  
INSIDE

Page 2  
Winter Fun

Page 3  
Wilderness  
First Aid  
Courses

Page 4  
Fun at the  
Club

DOCK IN  
PARTY  
APRIL  
17TH

# BCKC NEWSLETTER



## 2010 POOL SESSIONS

Bring your canoe or kayak and practice your roll, paddle strokes or cool moves. The club will bring additional boats depending on extra help. If you want to help or arrange a boat call Mike at 705 727-9716

February 14, 21, & 28

March 21 & 28

5:30 to 7:00 pm Sundays

At the Allandale Recreation Centre  
190 Bayview Avenue, Barrie,

Cost: Members: \$10.00 each or 8 for \$50.00

Non-members: \$15.00 each or 8 for \$75.00

Please Note: You must be a current member of the BCKC to participate in club activities. Please provide your membership number when signing up for activities. The sign up sheets will be at the Monday general meetings all winter (also posted online). Since these are "interest only" sheets, members must still contact the trip leader for each outing. You are responsible for contacting the trip leader well in advance of the trip date. For safety reasons, the trip leader has the final say about who goes on his/her trips. Participants must assume all risks associated with the activity.

## Course Dates

WINTER FUN		
Date	Activities	Trip Details
<b>Feb 21</b>	<b>Wasaga XC-Ski &amp; Snowshoe</b>	<b>Trip Leader - Abby G.</b>
<b>Feb 27-28</b>	<b>ski &amp; snowshoeing in Parry Sound</b>	<b>Trip Leader - John R.</b>
<b>Mar 20-21</b>	<b>ski &amp; snowshoeing in Parry Sound</b>	<b>Trip Leader - John R.</b>

# BCKC NEWSLETTER

Course	Dates	Location	Course Instructors	Prerequisites	Cost: Member	Cost: Non-Member
<b>Advanced Wilderness First Aid *</b>	Apr 10-11& 17-18, 2010	SSCC	Wilderness Medical Associates	None	\$440	\$460
<b>Wilderness First Aid *</b>	Apr 24-25, 2010	SSCC	Wilderness Medical Associates	None	\$220	\$295

## WILDERNESS ADVANCED FIRST AID (WAFA)

40 hours over 4 days Must have 12 confirmed and paid applicants by **March 13** or this course will be cancelled.

This course is ideally suited to those to those that will travel in a context where a hospital may be hours away. The main focus is the prolonged care and stabilization of patients until a rescue team or additional resources can be obtained to help with evacuation. A judgment-based approach in critical thinking to successfully dealing with medical emergencies in a remote setting is applied. Learning Working to improvised equipment and anticipate potential risks to your patient are a major component of this course.

Advanced medical techniques learned include anaphylaxis management, spine clearing exam, wound cleaning, and CPR cessation.

## WILDERNESS FIRST AID (WFA)

16-18 hours over 2 days Must have 12 confirmed and paid applicants by **March 27** or this course will be cancelled.

Wilderness First Aid is an excellent introduction to wilderness emergency care. The program's goal is to equip participants with the basic knowledge and skills to adapt first-aid techniques to the demands of wilderness locations. This course's primary goal is to equip students to identify potential life threatening emergencies and their severity within a wilderness context. This course is ideal for those who want a brief but intense introduction to wilderness first-aid and are primarily doing personal trips and outings in remote areas. CPR included and recognized for workplace safety standards.

Contact Shaun Jakob - [courses@bckc.ca](mailto:courses@bckc.ca)



# BCKC NEWSLETTER

**February 18** - A Risk Management Meeting will be held on *Thursday, February 18<sup>th</sup> 7:00 pm* at Essa Road Presbyterian Church in Barrie. Discussion will include: criteria and training for on-land day trip leaders (Sandy Tulloch presenting for Hike Ontario); criteria for sea kayaking trip leaders; 2009 risk assessment; overview and management of risk; revisions to forms; trip leader reimbursement, etc. Come out and join us!

**April 9/10** - BCKC/BRC Joint Display -- Consider donating a couple of hours of your time to manning a display booth at the Georgian Mall on *April 9<sup>th</sup> and 10<sup>th</sup>*. This is a great way to promote our Club in the community.

**April 17** - The bi-annual Boathouse Clean-up and Dock In will be held *April 17<sup>th</sup>* by the BCKC and BRC. Activities will include ramp and dock installation, cleanup of the boathouse and workroom, and a barbeque. Lots of volunteers needed to anchor the dock in the water (wear your dry suit), clean floors, bathrooms, walls and workroom (bring your rubber gloves, a bucket and cleaning supplies) and, of course, we need food supplies and cooks. Can you help? Mark the date in your calendar now.

**Membership** *Welcome!* to our new Membership Coordinator, Janice Stevenson, [membership@bckc.ca](mailto:membership@bckc.ca). Memberships are now entered into an Access database on our new Membership computer. You will see new membership numbers, new forms and reports, and increased efficiency. Our sincere thanks go to Ron and Carl for their many hours of hard work getting this software up and running.

**It is time to renew your membership!** Go to our website to download the application form and mail it along with your signed waiver(s) and a cheque to P.O. Box 23, Barrie, ON L4M 4S2. Membership year runs from January 1<sup>st</sup> to December 31<sup>st</sup>.

Watch for our ad in the Barrie Recreation & Leisure Community Guide

**PARTY PARTY**  
**PARTY**  
 AND A LITTLE WORK TOO  
**DOCK IN PARTY**  
 AND **BBQ**  
**APRIL 17TH**  
**9 AM**

**BCKC needs Volunteers**  
 share your skills

contact Sandy Tulloch (519) 599-7919  
[volunteers@bckc.ca](mailto:volunteers@bckc.ca)

