



## **Sanctioned Activities Whitewater, Sprint, Marathon Disciplines**

February, 2021

- supervised\* on water training and practices including:
  - programs for all skill levels
  - Special Olympic/PaddleAll programs
  - para programs
  - Canoe Kids programs
  - canoe polo

training and practices may use a variety of boat types, including:

- sprint boats
- war canoes
- dragon boats
- stand up paddleboards
- outriggers
- other non-motorized recreational boats
- marathon boats
- whitewater boats
- voyageur canoes
- surf skis
- prone paddle boards

training may also be conducted through online programs that are created and monitored by sanctioned leader(s) as per each affiliate's policy.

- supervised\* river trips
- sanctioned training camps
- competitions
  - sanctioned regattas and races
  - club and intra-club competitions
  - canoe polo
  - loading and unloading boats for travel to and from regattas
- clinics
  - coaching and instructor certification
  - official certification
  - motor boat safety (on and off water training)
- off water training programs including:
  - running
  - weight training
  - ergometer training
  - aerobic training
  - paddle pool training



- cross country skiing
- soccer and other aerobic games
- swimming
- strength training
  
- general maintenance activities including:
  - installing and removing club docks
  - installing and removing race course
  - boat and motor maintenance and repair
  - maintenance of club and grounds
  
- other activities
  - year end banquets, sports awards, social events (subject to alcohol service policy)
  - promotional activities including:
    - “try-it-outs”
    - demonstrations
    - distribution of promotional material
    - fundraising activities that are limited to club members subject to approval by CKO

\*Supervised means overseen by sanctioned leader(s) per CKO affiliate safety policy.

### **Safety Policy Adherence**

As a requirement of a CKO sanction, it is understood that all activities will be conducted in accordance with the Sprint, Marathon and Whitewater safety policies as posted on the respective websites:

[Sprint Safety Policy](#)

[Whitewater Safety Policy](#)

[Marathon Safety Policy](#)

If your organization experiences any sort of incident during a CKO sanctioned activity, that leads to a potential Sport Accident Insurance claim or legal claim, you must submit all details and relevant claim submission forms directly to CKO.

### **Activities that are NOT sanctioned by CKO include:**

- Any event/activity where alcohol service is included and does not meet the standards of the service of alcohol policy
- Unsupervised paddling activities
- Dragon Boat rentals
- Dragon Boat festivals



- Fundraising activities such as golf tournaments, bonspiels etc. that include participants that are not members of the discipline.
- Other activities not listed and as defined by CKO



### **Service of Alcohol Policy - Sanctioned Activities**

A CKO member activity, that includes the service and consumption of alcohol, will be eligible for a CKO sanction if it meets the following standards:

- The service of alcohol must be conducted by a third party and not the CKO member. Alcohol service is fully managed and conducted by the third party, and all service providers are fully trained and certified.
- The CKO member must verify that the third party has liquor liability insurance coverage. A certificate of insurance with a minimum coverage of \$2 million is required from the third party, listing CKO and the CKO member as additional insured.
- The service of alcohol takes place within a facility that is fully licensed for alcohol service and that adheres to all regulations as outlined by the Alcohol and Gaming Commission of Ontario. A copy of this license may be requested by CKO.
- The activity meets the satisfaction of CKO, who reserves the right to decline a sanction at its discretion.