



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.