



Rules of All Nations Canoes

1. Every stroke we take is one less we have to make
2. There is to be no abuse of self or others
3. Be flexible
4. The gift of one enriches us all
5. We all pull and support each other
6. A hungry person has no charity
7. The journey is what we enjoy
8. A good teacher always allows the student to learn
9. When given a choice, be a worker bee – make honey
10. Life jackets must be **worn and done up at all times** while on the water
11. No smoking in the canoe or during landing protocol
12. No drugs or alcohol permitted at any time on land or water
13. All equipment must be returned to the designated location (paddles, life jackets, etc.)
14. Everyone travelling with All Nations Canoes must attend circle every morning and/or evening
15. Listen to your skipper, your support boat captain, and canoe leaders. They are experienced on the water and have important information to share.