

Request for Access to the Backcountry with Overnight Stays

Self-assessment of Participant's Skills and Health Status – Canoe Camping, Backcountry Access

The territory of the Assinica wildlife reserves and the Albanel-Mistassini-et-Waconichi (AMMW) lakes collectively spans over 25,000 km². Large portions of the territory are considered isolated regions, being distant from all services. These conditions require specific and adapted measures to be followed regarding risk management.

This self-assessment allows participants who wish to explore the backcountry to evaluate their skills for undertaking an expedition independently within the conditions of the territory. This form must be completed by all members and submitted with other mandatory documents before embarking on an activity. The Corporation Nibiischii reserves the right to refuse or cancel an activity if it believes there are elements that could put participants at risk, such as dangerous weather conditions, forest fires, incomplete mandatory documents, poor planning, lack of communication means, etc. These measures are put in place to ensure the safety of everyone and reduce risk factors.

Our team emphasizes the importance of meticulous preparation regarding the mandatory documents to be provided before departure, as they will enable the implementation of appropriate measures in case of an emergency. Furthermore, thorough preparation in advance is essential for planning equipment, food, and canoe camping techniques to be adopted in isolated environments. Changing weather conditions and isolation are two significant risk factors to consider, and we want everyone to be informed and aware. To learn more about the risks associated with this activity, you can consult our Safety and Risk Management section on our website: <https://www.nibiischii.com/en/>.

We appreciate your participation in the activities offered in the AAMW wildlife reserves and hope that your experience will meet your expectations.

The Nibiischii Corporation Team.

Self-assessment of Participant's Skills and Health Status

Email Address: _____

Participant's name: _____

Activity location (be as precise as possible): _____

Activity period: From _____ to _____

CANOT EXPERIENCE

I have previously received canoe training.

Yes No

If yes, please specify the type and level of training you have undergone, as well as the name of the association that provided the training: _____

I have canoeing experience and feel confident in my abilities to travel independently throughout the entire trip.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am able to maneuver the canoe with skill, navigate obstacles, control the direction in strong currents, and handle rapids.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am comfortable maneuvering in the following classes of rapids:

CLASS 1 (R1): Moving water with a gentle current and few possible obstacles.

CLASS 2 (R2): Faster current with small, regular waves. Possible presence of obstacles such as rocks and small drops.

CLASS 3 (R3): Rapids with large waves, presence of rolls, and counter-currents.

CLASS 4 (R4): Rapids with intense waves and turbulence, as well as a potential for numerous obstacles. Requires precise and technical maneuvers.

CLASS 5 (R5): Often long rapids with irregular, large waves, numerous obstacles, and drops requiring highly technical maneuvers.

R1 Very Easy / R2 Beginner Level / R3 Intermediate Level / R4 Advanced Level / R5 Expert Level

I can perform various canoe maneuvers, such as parallel stops along the shore, upstream stops, navigating the canoe through rapids or strong currents, and executing J-strokes, draw strokes, and pry strokes.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I know how to safely control a watercraft in strong winds with breaking waves.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

If the watercraft capsizes, I am familiar with recovery methods, and in the case of two watercraft, I can perform the T-rescue method.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am familiar with techniques for portaging a canoe in the forest over varying distances (ranging from a few hundred meters to several kilometers depending on the route).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am comfortable undertaking a canoe camping trip, including a variable number of portages, entirely independently with little or no on-site guidance regarding the direction to take or the location of portages.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I know how to use, navigate, and orient myself with the following navigation instruments:

- | | | |
|-----------|-----|----|
| - Compass | Yes | No |
| - GPS | Yes | No |
| - Map | Yes | No |

I am aware of the proper swimming positions to adopt in rapids if the watercraft capsizes, and I understand the risks of hypothermia associated with falling into the water during the activity.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I have appropriate clothing to engage in canoeing during the day without experiencing discomfort (hot, cold, comfort, etc.).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

CAMPING AND ISOLATED REGION EXPERIENCE

Campsite

I am able to engage in wild camping in the absence of infrastructure (without a designated campsite, fire pit, trail, platform, pre-installed shelters, etc.).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am comfortable sleeping for several consecutive days in camping shelters (tent, hammock, etc.).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am capable of autonomously setting up the campsite for the night.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am able to set up a tent, install a tarp, and know some knots for securing my equipment.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am able to start a fire using my own means. It is important to specify that fires are allowed under certain conditions, including the fire index.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am aware and prepared for the possibility of having to stay at the campsite for several days in the event of unfavorable weather conditions for water travel (strong wind, storm, fog, etc.).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I adjust my clothing according to the conditions, and I have appropriate clothing to stay warm at the campsite when physical activity is limited.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I know how to react if I encounter a bear based on its behavior.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I possess all the necessary and mandatory equipment for engaging in the activity, and I am aware that the Nibiischii Corporation does not provide any equipment.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am able to secure food, waste, and any odorous materials from wildlife (bear bags, bear-resistant containers, etc.).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

Nutrition

I can use camping equipment to cook food throughout the entire trip without any equipment provided by the Nibiischii Corporation, and I can do so independently without supervision.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am capable of planning complete meals and managing their preservation for several days without refrigeration equipment or cooking gear provided by the Nibiischii Corporation.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am able to obtain potable water through various means at all times for cooking and consumption throughout the day, using the following water purification methods: (Feel free to list your water purification methods.)

- _____
- _____
- _____
- _____

Isolation

I am comfortable spending several days in an isolated area, either alone or with my activity partners, without outside interventions and in a location isolated from services.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am comfortable being in an isolated environment, far from emergency services, roads, responders, or any other individuals.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

Leave no Trace Canada

I am familiar with and apply the 7 principles of Leave No Trace during my outdoor activities:

1. Plan and prepare your outings thoroughly.
2. Move on designated trails and camp at designated sites.
3. Dispose of waste properly.
4. Leave what you discover undisturbed.
5. Minimize the impact of campfires.
6. Respect wildlife.
7. Respect other visitors.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I dispose of my food waste in the following manner:

I am familiar with safe and environmentally respectful techniques for the management of human waste (feces).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

Safety

I have a valid first aid certification, and I know how to respond in crisis situations.

Yes No

If yes, please provide the name of the course, the training date and/or expiration date, and the name of the association that provided you with this training:

I have and know how to communicate with emergency services in isolated areas in the absence of cell phone coverage.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am familiar with safety equipment to respond to encounters with bears (bear spray, bear bangers, etc.).

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

Communication

I have a satellite phone or a location beacon.

Yes No

HEALTH

I believe I have the adequate physical condition for the normal and safe progress of the outing.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

I am aware of the symptoms related to hypothermia and can take appropriate action to prevent myself or my colleagues from suffering from hypothermia.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

If you have any specific conditions, health issues, allergies, physical or medical constraints, or other factors that would be important for the Nibiischii Corporation to know in case of emergency measures, please specify them below.
