

BC Athletics Track & Field Meet

Sanction Application and Event Information

Suite 2001-B – 3713 Kensington Ave Burnaby BC V5B 0A7 ph: (604) 333-3550 fax: (604) 333-3551 e-mail:bcathletics@bcathletics.org website: www.bcathletics.org

- Completed Sanction Application Form and fees to be submitted <u>3 months prior</u> to event date. A \$26.25 surcharge in addition to the sanction fee will be applied if the <u>sanctioning form and fees</u> are received less than 30 days from the event.
- Sanction Applications will not be processed until both the form and fees are received. BCA affiliated club members - \$26.25. Non BCA clubs/organizations -\$52.50.
- Fees include GST (#127293264) payable to BC Athletics
- Complete and return with payment to BC Athletics
- The Alternative Liability Insurance Waiver fee is \$52.50
- Post Event Submission Forms are required for all events and are due 30 days after the completion of the event.
- Include entry form and brochures

		MEET INFOR	MATION	
Event Name	e:		BCA champ	ionship? □Yes □No
Please indic	cate the Series this event is part of	of:		
Proposed d	ate:		Starting time:	
Info email:		Event Website		
Alternate da	ate:	No	ote: championship meets not to beg	gin before 11:00am on day one
		ADMINISTR	ATION	
	rofit society/recognized approved n requesting sanction:			
Current BC A	Athletics affiliated club: Yes 🗖			
□Registered	Non-Profit Society □Registered Ch	arity □Corporation □P	Partnership Sole Proprietorship	□Other:
Moot [Director:			
Address:				
Address.	P.O. Box & Street Address	City	Prov.	Postal Code
Res. Ph:		Bus. Ph:	Fax:	
e-mail:				
-			_	
Moot	Managar			
	Manager:			
Address:	P.O. Box & Street Address	City	Prov.	Postal Code
Res. Ph:		D - DI	Fax:	
e-mail:			· ω/	
-			_	
Entry	Chairperson:			
Address:		2"		D 110 1
	P.O. Box & Street Address	City	Prov.	Postal Code
Res. Ph:		Bus. Ph:	Fax: _	
e-mail:			_	
Offic	cials Chairperson:			
Address:				
	P.O. Box & Street Address	City	Prov.	Postal Code
Res. Ph:		Bus. Ph:	Fax:	
e-mail:				

Venue: Changing rooms location: Details of prizes, medals etc: Proposed scale of entry fees: Sponsoring body (if any): Proposed scale of admission fees for spectators and regulators and regul	MEET DETAILS						
Details of prizes, medals etc: Proposed scale of entry fees: Sponsoring body (if any): Proposed scale of admission fees for spectators (if any): Proposed scale of admission fees for spectators (if any): Proposed events and schedule: attach copies of entry forms and registration package and any pertinent information Profull instructions on how results are to be submitted along with detailed instructions for setting the meet up on Hy-Tek please go to the BC Athletics website at: http://www.bcathletics.org/main/track_field.htm#hyteksetup FACILITIY AND EQUIPMENT – this section is only to be completed if there have been changes/upgrades to the facility/equipment since your most recent event. If there have been no changes since your most recent event please indicate by checking the box: Track Details: Size:	Venue:						
Proposed scale of entry fees: Sponsoring body (if any): Proposed scale of admission fees for spectators (if any): Proposed events and schedule:	Changing rooms location:						
Sponsoring body (if any): Proposed scale of admission lees for spectators (if any): Proposed scale of admission lees for spectators (if any): Proposed scale of admission lees for spectators (if any): Proposed verification on how results are to be submitted along with detailed instructions for setting the meet up on Hy-Tek please go to the BC Athletics website at. http://www.bcathletics.org/main/track_field.htm#hyteksetup FACILITIY AND EQUIPMENT – this section is only to be completed if there have been changes/upgrades to the facility/equipment since your most recent event. If there have been no changes since your most recent event. If there have been no changes since your most recent event please indicate by checking the box: Track Details:	Details of prize	es, medals etc:					
Proposed scale of admission fees for spectators (if any): Proposed events and schedule:	Proposed sca	le of entry fees:					
Proposed events and schedule: attach copies of entry forms and registration package and any pertinent information For full instructions on how results are to be submitted along with detailed instructions for setting the meet up on Hy-Tek please go to the BC Athletics website at: http://www.bcathletics.org/main/track_field.htm/flyteksetup FACILITIY AND EQUIPMENT – this section is only to be completed if there have been changes/upgrades to the facility/equipment since your most recent event. If there have been no changes since your most recent event please indicate by checking the box: Track Details: Size:	Sponsoring bo	ody (if any):					
For full instructions on how results are to be submitted along with detailed instructions for setting the meet up on Hy-Tek please go to the BC Athletics website at: http://www.bcathletics.org/main/track_field.htm#hyteksetup FACILITIY AND EQUIPMENT — this section is only to be completed if there have been changes/upgrades to the facilitiy/equipment since your most recent event. If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been changes/upgrades to the facility/equipment since your most recent event please indicate by checking the box: If there have been changes/upgrades to the facility/equipment since your most recent event please indicate by checking the box: If there have been changes/upgrades to the facility/equipment since your most recent event please indicate by checking the box: If there have been changes/upgrades to have been changes/upgrades/	Proposed sca	le of admission fees fo	or spectato	ors (if any	<i></i>		
FACILITIY AND EQUIPMENT – this section is only to be completed if there have been changes/upgrades to the facility/equipment since your most recent event. If there have been no changes since your most recent event please indicate by checking the box:	Proposed eve	nts and schedule:	attach co	opies of e	ntry forms and registration package a	and any pertinent information	
FACILITY AND EQUIPMENT — this section is only to be completed if there have been changes/upgrades to the facility/equipment since your most recent event. If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes since your most recent event please indicate by checking the box: If there have been no changes love in the facility of the please indicate by checking the box: If there have been no changes love in the facility of the please indicate by checking the box: If there have been no changes love in the facility of the please indicate by checking the box: If there have been no changes love in the please indicate by checking the box: If there have been no changes love in the please indicate by checking the box: If there have been no changes included box: If the foliality includes included box: If the foliality includes included box: If there have been changes included box: If the foliality includes included box: If the folial and include							
the facility/equipment since your most recent event. If there have been no changes since your most recent event please indicate by checking the box:	please go to the	he BC Athletics websit	te at: http:/	//www.bc	cathletics.org/main/track_field.htm	n#hyteksetup	
No Field Details:	the facility/ed If there have	quipment since your been no changes si	most rec	ent ever	nt.		
Pield Details: Discus: Regulation circle: Yes No If no will a portable ring be used? Yes No No Circle surface material: Yes No No Yes No No Yes Yes No Yes Yes No Yes	Size:	Sur	face:			# of lanes:	
Discus: Regulation circle:	La	ne width:			Regulation Steeplechase water	er jump? 🗖 Yes 🗖 No	
Regulation cage:	Field Details:						
Hammer: Regulation circle: Regulation circle: Regulation cage: Regulation cage: No Circle surface material: Javelin: Type of runway: Throwing arc: Iwood Imetal Ime Runway Length Width of pit (min. 2.75m): Distance - take-off board to front edge of pit (min. 1m): Distance - take-off board to end of landing area(Sr. men min.10m): Runway length (min.40m): Triple Jump: Runway surface: Width of pit (min. 2.75m): Distance - take-off board to front edge of pit (senior men min.13m): Runway length (min.40m): High Jump: Jump approach surface: Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Landing area size and materials: Politance between vertical posts: Politance between vertical po	Discus:	•				☐ Yes ☐ No	
Yes No Circle surface material: Javelin: Type of runway: Throwing arc: wood metal lline Runway Length	Shot Put:	Regulation circle:	□ Yes 【	□ No	Circle surface material:		
Note	Hammer:	•				☐ Yes ☐ No	
Distance - take-off board to front edge of pit (min. 1m): Distance - take-off board to end of landing area(Sr. men min.10m): Runway length (min.40m): Width of pit (min. 2.75m): Distance - take-off board to front edge of pit (senior men min. 13m): Runway length (min.40m): High Jump: Jump approach surface: Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Planding area size and materials: Equipment: Will you provide all throwing implements?: No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Pole Vault: No Will wind gauges be used: Heights to which hurdles can be adjusted: No Distance between vertical posts: Landing area size and materials: Planding area size and materials: No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: No Make of hurdles to be used: Heights to which hurdles can be adjusted: No No Will hurdles be weighted?: No	Javelin:	Type of runway:		Thro	owing arc:□wood □metal □line Ru	inway Length	
Distance - take-off board to front edge of pit (min. 1m): Distance - take-off board to end of landing area(Sr. men min.10m): Runway length (min.40m): Width of pit (min. 2.75m): Distance - take-off board to front edge of pit (senior men min. 13m): Runway length (min.40m): High Jump: Jump approach surface: Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Planding area size and materials: Equipment: Will you provide all throwing implements?: No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Pole Vault: No Will wind gauges be used: Heights to which hurdles can be adjusted: No Distance between vertical posts: Landing area size and materials: Planding area size and materials: No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: No Make of hurdles to be used: Heights to which hurdles can be adjusted: No No Will hurdles be weighted?: No	l ong Jump:	Runway surface:				Width of pit (min 2.75m):	
Distance - take-off board to end of landing area(Sr. men min.10m): Runway length (min.40m): Runway surface:	_ong camp.	-	tance - take	e-off board	to front edge of pit (min. 1m):		
Triple Jump: Runway surface:					• · · · / <u></u>	Runway length (min 40m):	
Distance - take-off board to front edge of pit (senior men min. 13m): Runway length (min.40m): Runway length (min.40m): Jump approach surface: Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Will you provide all throwing implements?: Will you provide all throwing implements?: Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Heights to which hurdles can be adjusted: - 762m (2'6") - 840m (2'9") - 914m (3') - 990m(3'3") - 1.067m 3'6") Will hurdles be weighted?: - Yes - No						<u> </u>	
Runway length (min.40m): High Jump: Jump approach surface: Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?:	i ripie Jump:						
High Jump: Jump approach surface: Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?:				euge of pr	t (seriioi men min. 13m).		
Landing size and material: Length of runway (min. 15m in the direction of the approach): Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Will you provide all throwing implements?: Will you provide all throwing implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Heights to which hurdles can be adjusted: 1.762m (2'6") 2.840m (2'9") 9.914m (3') 9.990m (3'3") 1.067m 3'6") Will hurdles be weighted?: Yes No	High lump:		· -				
Length of runway (min. 15m in the direction of the approach): Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Will you provide all throwing implements?: Pyes No Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Pyes No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Pyes No Make of hurdles to be used: Heights to which hurdles can be adjusted: Pyes No Will hurdles be weighted?: Pyes No	riigii Juliip.						
Pole Vault: Type of runway surface: Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?:		-					
Height to which bar can be raised: Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Will you provide all throwing implements?: Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Yes No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Heights to which hurdles can be adjusted: 1.762m (2'6") 1.840m (2'9") 1.914m (3') 1.990m(3'3") 1.067m 3'6") Will hurdles be weighted?: Yes No	Pole Vault:						
Length of runway (min. 40m): Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Will you provide all throwing implements?: Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Heights to which hurdles can be adjusted: 1.762m (2'6") 1.840m (2'9") 1.914m (3') 1.990m(3'3") 1.067m 3'6") Will hurdles be weighted?: Yes No	. Old Taulti	• •					
Distance between vertical posts: Landing area size and materials: Equipment: Will you provide all throwing implements?: Will you provide all throwing implements?: Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Will wind gauges be used: Heights to which hurdles can be adjusted: " Yes " No " N		*					
Equipment: Will you provide all throwing implements?: □ Yes □ No Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): □ Yes □ No Will wind gauges be used for sprints, hurdles, long jump & triple jump?: □ Yes □ No Make of hurdles to be used: Heights to which hurdles can be adjusted: □ .762m (2'6") □ .840m (2'9") □ .914m (3') □ .990m(3'3") □ 1.067m 3'6") Will hurdles be weighted?: □ Yes □ No		•	,				
Will you provide all throwing implements?: Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Will wind gauges be used: Heights to which hurdles can be adjusted: No Will hurdles be weighted?: Yes No No 1.067m 3'6")							
Will you provide all throwing implements?: Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Will wind gauges be used: Heights to which hurdles can be adjusted: No Will hurdles be weighted?: Yes No No 1.067m 3'6")	Equipment:	· ·					
Will athletes be permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Will hurdles to be used: Heights to which hurdles can be adjusted: Will hurdles be weighted?: Will hurdles be weighted?: Will hurdles be gardless of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use their own implements, if approved by a Tech. Ref. (IAAF Rule 187.2): Will start a very long of the permitted to use the permit		de all throwing implem	ents?:		☐ Yes ☐ No		
Will wind gauges be used for sprints, hurdles, long jump & triple jump?: Make of hurdles to be used: Heights to which hurdles can be adjusted: Will hurdles be weighted?: Yes No 1.067m 3'6") 1.067m 3'6")		• .		olements		AF Rule 187.2): ☐ Yes ☐ No	
Make of hurdles to be used: Heights to which hurdles can be adjusted: 762m (2'6") 840m (2'9") 914m (3') 990m(3'3") 1.067m 3'6") Will hurdles be weighted?: Yes No							
Heights to which hurdles can be adjusted: ☐ .762m (2'6") ☐ .840m (2'9") ☐ .914m (3') ☐ .990m(3'3") ☐ 1.067m 3'6") Will hurdles be weighted?: ☐ Yes ☐ No							
Will hurdles be weighted?: □ Yes □ No							
maximum spike lengths allowed.							

OFFICIALS and OFFICIATING

BC Athletics sanctioned events should have certified Officials officiating at the event to insure the recognition of results for; records; selection; placing; and awards. The BC Athletics Officials Committee provides, in partnership with the

event organizing committee or host club, training for officiating in all aspects of Athletics. For more information please see: http://www.bcathletics.org/main/officials.htm To assist the organizers of sanctioned events in providing officials and/or to arrange training please contact the Officials Regional Contacts for the 8 Zones in B.C. See "Contacts" at: www.bcathletics.org/main/officials.htm Have or will you be contacting the Officials Regional Contact in your area to arrange for officials? □ Yes ■ No Please list the Key or Chief Officials and their Event/Area of Responsibility for your event. Officials Name Event/Area of Responsibility RISK MANAGEMENT 1. EVENT FIRST AID/MEDICAL COVERAGE: First Aid/Medical Coordinator on the organizing committee: Who will be providing first aid/medical support at the Track & Field Meet: Qualifications: Certification level: Training: Name of the nearest medical facility: Distance to medical facility: Transportation provided by: Additional medical information: 2. RISK ASSESSMENT and REDUCTION: Note: Sanctioned events require that Event Directors conduct a Risk Assessment to minimize Risk as part of the overall management of their event by: Conducting a risk assessment of the event and implement a first aid/medical plan in accordance with BC Athletics recommendations (see attached). Please indicate if this has been/will be undertaken No Insuring all public and private property owners on whose property the event is to take place and any other required permitting authorities have given their approval for this event to be held. Please indicate if this has been/will be undertaken Yes □ Taking steps to minimize interaction during competition of event participants in track & field (able-bodied and athletes with a disability) with non-event participants (i.e. spectators, vehicular traffic, pedestrian traffic, other participants), immovable objects (i.e. curbs, posts, benches, trees and branches, steeplechase water pits), track & field equipment (i.e. throwing implements, hurdles, starting blocks, equipment transportation vehicles, steeplechase barriers, temporary structures/tents). Please indicate if this has been/will be undertaken Yes □ No □ Having a procedure in place to insure that all events are completed and the meet is over. Please indicate if this has been/will be undertaken Yes □ No □

3. LIABILITY INSURANCE COVERAGE FO	OR BC ATHLETICS SANCTION	ED EVENTS:
BC Athletics sanctioned events are required own Alternative Liability Insurance coverage Athletics.		
Please indicate below what insurance covera	age the event will have	
☐ Alternative Liability Insurance: See BC Checklist; and b) Waiver and Indemnification	C Athletics requirements as outlin	ned in the a) Alternative Liability Insurance Insurance Waiver fee is \$52.50
■ BC Athletics Insurance: Coverage limit as an additional insured and provided with a club/organization if a copy is required. Exam streets, parks, highways, private/public land, PRINT	certificate of insurance – attach apples of those requesting to be no	additional sheets as needed. Include your amed are: facility owners of: stadiums,
Name	Contact Person	Email address
of the completion of their event. An or	nline version of the form is ava cathletics.org/main/resources.	Event Submission Form within 30 days allable on the BC Athletics website under htm#resources The form can be filled out
	MEET DIRECTOR	
Race Director (please print)	on behalf of the Organizing Commi	BC Athletics Club or Event Organization
		sment and Reduction have been met and that
Signature:		Date:
PAYMENT INFORMATION (Fees include GST)	Please email a receipt to:	
	Re	ceipt will not be issued unless an email address is given
□ \$26.25 – Sanction Fee BCA Club/Org.		□ \$52.50 – Sanction Fee Non-BCA Club/Org
□ \$26.25 – Surcharge (less than 30 days no	tice) in addition to Sanction Fee	□ \$52.50 – Alternate Liability Insurance Fee
□VISA/MC/Amex □Cheque □Cash Card	d Nbr:	Expiry Date:
Cardholder:	CVD (back)	
	BC ATHLETICS USE	
The above event on		☐ Has or ☐ Has Not been approved.
		• •
Signature:		Date:

BC Athletics Recommended Event First Aid/Medical Planning Guidelines

It is the responsibility of an event organizer to ensure a safely run event. Safety includes a safe environment for participants, spectators, officials and volunteers, and in the event of an incident requiring first aid/medical attention that there is a plan to respond in a timely manner with qualified first aid/medical personnel.

All event organizers must undertake a risk assessment of their event; they must apply risk management to minimize identifiable risk; and they must have qualified first aid/medical personnel present to respond if the need arises.

The necessary scale of first aid/medical support will be determined during the risk assessment and should include consideration of the following:

- The number of people expected to attend (including participants, officials, spectators, volunteers, etc.).
- The number of people competing concurrently.
- The age of participants.
- The experience and fitness level of participants.
- The duration of the event.
- Anticipated weather conditions.
- Risks inherent in the activity.
- The size of the field of play/competition area.
- Accessibility to the field of play//competition area.
- · Communications capabilities.

Communications are a key component of the first aid/medical plan. Event volunteers must be instructed in how and when to call for assistance; and first aid/medical personnel must be able to respond in a timely manner. For large or geographically dispersed events this may require employing mobile first aid/medical units or dedicated first aid/medical facilities.

First Aid/Medical personnel must be dedicated exclusively to first aid/medical support.

The number and required qualifications of the first aid/medical team will be determined by the risk assessment. A recommended minimum for any event is 2 dedicated first aid/medical personnel holding current certification in Standard First Aid. Standard First Aid Certification is a recognized qualification based on a Health Canada review and approval of a training organization's curriculum / syllabus, standards and other factors. Several national organizations including the Red Cross, the Lifesaving Society and St. John Ambulance award such certificates, as well as local organizations. Such qualification should provide knowledge to handle the following:

- Emergency Scene Management
- Shock, Unconsciousness & Fainting
- Choking
- Cardiovascular Emergencies
- One Rescuer CPR
- Severe Bleeding
- Medical Conditions
- Bone and Joint Injuries
- Eve Injuries
- Dental Emergencies
- Burns
- Poisons, Bites, and Stings
- Heat and Cold Emergencies
- Rescue Carries

Note: First-aid certification should meet the standards of the Canadian Red Cross Standard First Aid & CPR Course.