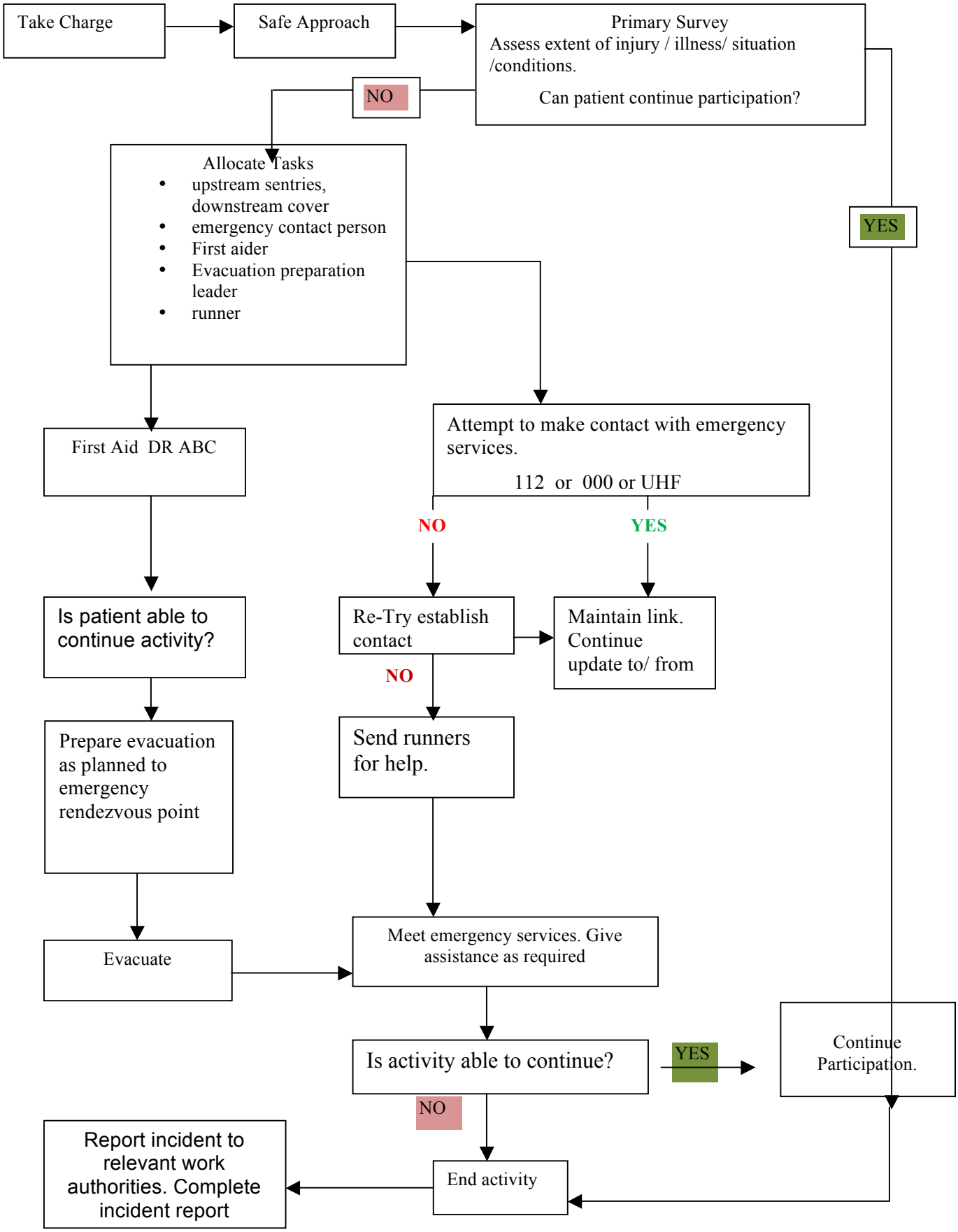Evacuation Plan Due to Injury or Illness: *Canoeing Activity*