

# OCEAN RIVER ADVENTURES



## YOUTH KAYAKING CAMP (AGES 10-12 YRS)

*(5 days) This is one camp you'll want to be sent off to!*

Get the experience of a lifetime! Over five days, you'll learn how to paddle a sea kayak, tip over, get back into a kayak, brace, tow another kayak, read charts (maps), and predict tides. Participants will explore Victoria's most picturesque lakes as well as the ocean shorelines in our area. Safety, skill and lots of fun are the focus of this program! No previous experience is required. For ages 10–12 yrs.

**Prerequisites:** None

### What You Will Experience

Our safety-conscious instructors are among the most highly trained and versatile on the coast. They will ensure you have a fun, interesting, safe, and enjoyable experience. Our maximum group size is 10 participants.

Parents or guardians are responsible for dropping off and picking up participants at various locations each day, as outlined below. For safety reasons, instructors are not able to transport participants to or from daily locations.

### Day 1 through 3

- 9:00 am: Meet at **Elk Lake Regional Park (Hamsterly Beach)**. To get to Elk Lake, follow Hwy 17 to the intersection of Sayward Road. Follow Sayward Road west to Hamsterly Road. Look for the Ocean River Sports van, trailer, and kayaks where Hamsterly Road merges close to the beach on Elk Lake (refer to the map at the end of this document).
- On Day 1 through 3, participants will enjoy these fun, interesting, and exciting activities:
- **Lots of fun kayaking & beach games!**
- History of the sea kayak.
- Adjusting fit of a sea kayak
- Safety gear for sea kayaking
- How to get into a sea kayak
- Maneuvering a sea kayaking.
- Kayak tour of Elk Lake with a stop for swimming.

- Equipment care
- How to 'fall in' in sea kayak
- How to get back into your kayak after 'falling in'
- How to brace yourself
- How to tow another kayak
- Kayak leadership and teamwork
- How to read a chart (map)
- How to predict tides
- Day trip to Beaver Lake
- **3:30 pm on Day 1 through 3: Pick up a Elk Lake (Hamsterly Beach).**

#### **Day 4**

- 9:00 am: Meet at **Willows Beach (15 minutes east of downtown Victoria)**. To get to Willows Beach from downtown Victoria, follow Fort Street east to Oak Bay Avenue. Follow Oak Bay Avenue east to Newport Ave and continue southeast on Newport Avenue to Windsor Road. Turn east on Windsor Road, then turn north onto Beach Drive. Follow Beach Drive north to Dalhousie Street. Turn east on Dalhousie Street. There is a large parking lot at the base of Dalhousie Street with free parking. Willows Beach is located at the steps down from this parking lot.
- Sea Kayak Trip on Oak Bay.
- Check out all the amazing marine life, including sea stars, seals, and sea birds!
- 3:30 pm: Pick up at Willows Beach.

#### **Day 5**

- 9:00 am: Meet in **Brentwood Bay (at the Brentwood Bay–Mill Bay Ferry Terminal)**. To get to the launching location at Brentwood Bay from Victoria, follow Hwy 17 north to Keating Cross Road. Turn west (left) onto Keating Cross Road and follow this to West Saanich Road. Turn north (right) on West Saanich Road and follow this through the town of Brentwood Bay. At the roundabout, turn west onto Verdier Avenue. Follow Verdier Avenue until it ends at the Brentwood Bay–Mill Bay Ferry terminal. On the south side (left side) of Verdier Avenue, you will find a small park, with a ramp at the backside of the park that leads to the water. You will see the Ocean River Sports van and trailer here.
- Sea Kayak Trip on Brentwood Bay and Todd Inlet.
- Check out the amazing marine life, including sea stars, seals, and sea birds!
- 3:30 pm: Pick up at Brentwood Bay.

#### **Meals**

Participants are required to bring their own lunch, snacks, and water with them each day.

#### **Equipment List**

##### What Ocean River Sports Provides for Your Program

Ocean River Sports provides the following equipment and supplies for your program:

- Sea kayak.

- Paddle.
- Sprayskirt.
- PFD (Personal Flotation Device): Canadian Coast Guard approved.
- Whistle.
- Hand pump.
- Throw-line (buoyant heaving line at least 15 meters in length).
- Paddle float.
- Wetsuit
- Paddling jacket
- \*Spare paddle (optional)
- \*Sponge (optional): for drying out hatches
- Safety gear.
- First aid equipment.

#### What You Provide for Your Program

##### Overview

Please read the following equipment list carefully, as it indicates what you will need to bring with you on the program. Please avoid wearing cotton clothing as it keeps you cold when it's wet, and takes a long time to dry. Please wear clothing designed for outdoor wear and made from Merino (wool), silk, or synthetic materials, such as Capilene™, polyester, polypropylene, or nylon.

Ocean River Sports stocks many of the items listed below. If you need advice or would like to buy gear, check out our website at [www.oceanriver.com](http://www.oceanriver.com) or call us! Our contact information is located at the end of this document.

\*indicates optional item.

##### Personal Gear

- Eyeglass retainer strap if you wear glasses.
- If you wear glasses or contacts, please bring an extra set in case of loss; also, don't forget contact lens solution and a carrying case for your contacts or glasses.
- Sunglasses. Include a strap to secure them.
- Sunscreen: waterproof, sweat-proof, SPF 30 or higher.
- Lip sunblock.
- Small personal first-aid kit; including items such as Band-Aids, blister protection, antiseptic towelettes, aspirin, and any personal medications your require (if you require any special medications, please refer to the section in this document entitled *Medications*).
- \*Nose plug or diving mask, which can prevent the uncomfortable sensation of getting water 'up your nose.' Part of your training will involve intentionally capsizing your kayak under controlled and safe conditions. Nose plugs are available at Ocean River Sports or stores that sell swimming accessories.

- \*Waterproof or disposable camera.
- \*Moist towelettes for a quick, waterless cleanup.
- \*Hand sanitizer

### Clothing

- Swimsuit and towel. A merino, silk or synthetic long underwear top can optionally be worn. Underwear can provide additional warmth, even when wet, and protection from the sun. Females may wish to wear nylon shorts over their swimsuit.
- Comfortable outdoor pants and/or shorts (depending on time of year), such as what you would wear for a light hike.
- Long-sleeved, non-cotton shirt or long underwear top to protect from the sun.
- Warm fleece pullover or Merino (wool) sweater to keep you warm in cooler weather.
- Hat for sun, rain, or warmth, depending on the weather. A broad-brimmed hat works best.
- For your hands, you may wish to wear cycling-type gloves to help prevent blistering. These should be snug-fitting, as loose-filling gloves may actually cause blistering. To keep your hands warm in cooler weather, you may wish to wear wool gloves inside dishwashing gloves, or buy neoprene gloves or pogies (a special paddling mitt).
- Extra gloves (wool or fleece) to wear at lunch or after paddling.
- Windbreaker (e.g., nylon jacket that can shed the wind).
- Rain jacket (with a hood, if you don't have a broad-brimmed rain hat). Gore-tex™ or other breathable material works well.
- Rain pants.
- A change of warm clothes placed in a marine dry bag (available at Ocean River Sports) or small backpack or duffle bag. If you are using a small backpack or duffle bag, your clothes can be waterproofed with large Ziplock™ bags or garbage bags (this ensures you have dry clothes to change into after paddling or if you capsize).
- Footwear for wearing while paddling (that can get wet); e.g., sport sandals (with heel strap), running shoes, wetsuit booties, or reef shoes with good soles.
- A change of footwear for wearing before and after paddling, such as a trail running shoe, light hiking shoe, or rubber boots. Waterproof footwear is preferable.
- Wool or fleece or cap (in the spring or fall; significant body heat is lost through the head and neck).
- \*Baseball cap.

### Food and Water

- Water bottle (filled): large enough to hold about 1 liter or 1 quart of water so you can keep yourself well-hydrated.
- Snack(s).
- Lunch
- \*Thermos with a warm drink.

## Medications

Please fill out and return the attached medical form and waiver no later than 14 days prior to the program start date. We will need this information to help us plan for the program.

Please note that you will require a **current tetanus shot** (less than 10 years old). This is very important, as tetanus is a naturally occurring bacteria that lives in the soil. If you do not have up-to-date tetanus inoculation, you may contract tetanus through a scratch or cut, and require immediate evacuation. A simple tetanus shot, easily accessible at most medical facilities, removes the risk of contracting tetanus. **You will not be permitted to participate in the program without a current tetanus shot.**

Please be sure to let us know of any limitations of which we should be aware. Please duplicate and separate the quantities of any medications you will need during your program, and give your duplicated medications to your instructor, who will carry them. This will provide an additional source of medications should the primary set become wet, damaged, or lost. If you are prone to any health disturbances, e.g., easily infected cuts or severe migraines, please remember to bring any preventive medications. If you have any questions about medications, contact your doctor.

## Contact Us

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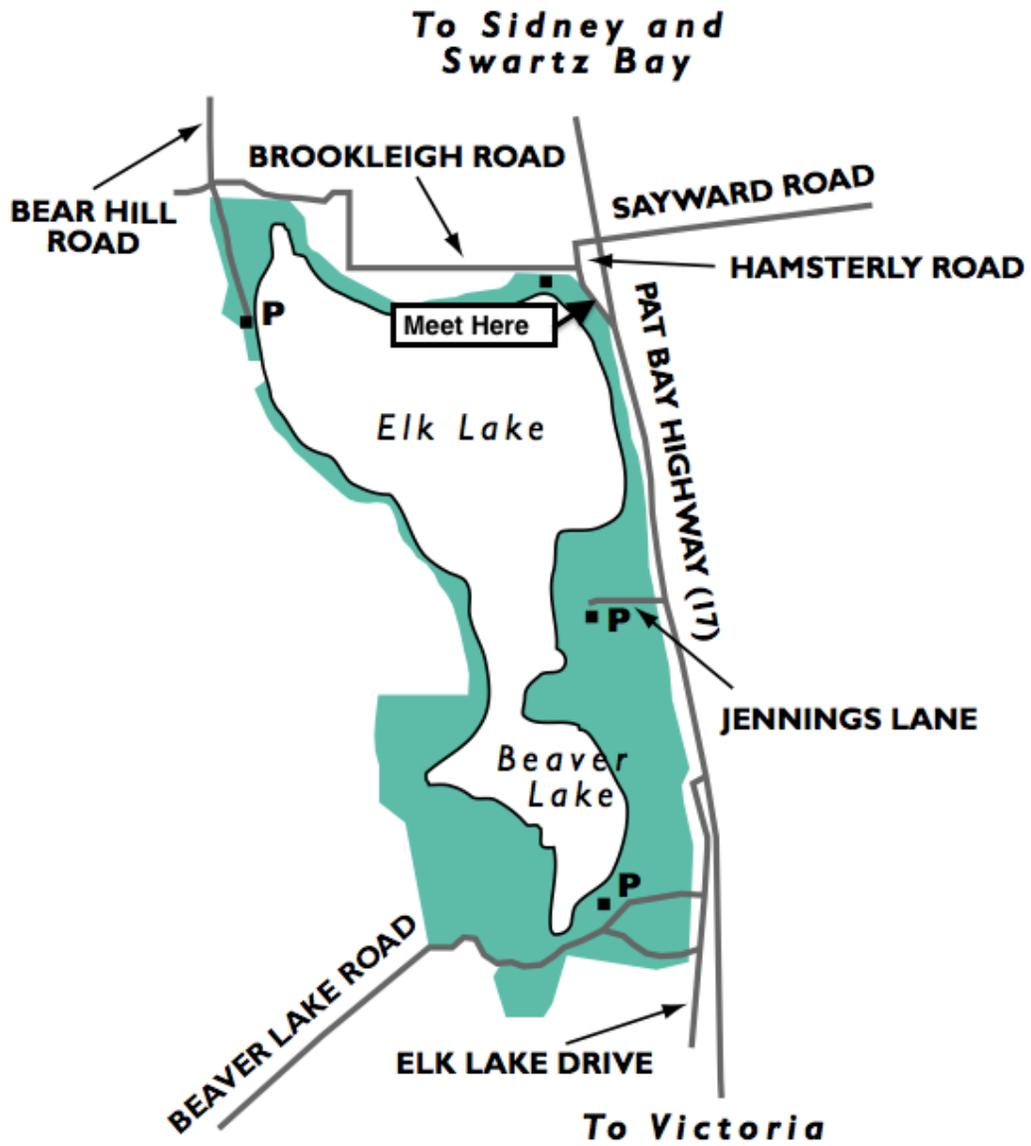
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Directions to Elk Lake Regional Park (Hamsterly Beach)(Map Courtesy of Capital Regional District)