

OCEAN RIVER ADVENTURES



INTRODUCTORY KAYAK RESCUES

(3 hours) Capsize safely and rescue yourself!

If you're like most new paddlers, you've probably wondered, "What happens if I tip over?" This universal concern is the reason we developed this clinic. With help from our qualified instructors, you will gradually and comfortably go through the steps of a safe capsize. You will also learn about general safety issues, rescue gear, and how to rescue yourself or a partner after capsizing. Our small class sizes provide a supportive and relaxed environment to practice these important new skills.

Itinerary

You have registered in **Capsize and Re-Entry** and will meet your instructor(s) and other participant at **Ocean River Sports, 450 Swift St, Victoria, BC**. Please arrive 10– 15 minutes early for your program and check in at the Adventure Centre at the rear of the store. If you are driving, there is pay parking available beside Ocean River Sports or in other pay parking lots in the downtown area. You are responsible for payment of the parking fee. If you are parking a vehicle, we cannot be responsible for damage to or loss of your personal items, so please don't leave valuables locked in your vehicle.

If you are renting a kayak from us, your kayak will be reserved for you and located on our dock. If this is a pool session, it will also be transported to the pool for you for the evening session.

For your safety and enjoyment, we ensure that groups with more than 5 participants are led by two experienced instructors. Our minimum group size is 3 participants and 1 instructor; our maximum group size is 10 participants and 2 instructors.

Equipment List

Kayak and Paddling Gear

You will need a sea kayak and paddling gear for your program. You can either rent these from us for an additional fee, or you can provide your own sea kayak and paddling gear if you already own or have access to these.

If you are **renting a sea kayak and paddling gear** from Ocean River Sports (or if a sea kayak and paddling gear are included in the price of your program), you will be provided with the following items as one complete package:

- 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.
- *Spare paddle (optional)
- *Sponge (optional): for drying out hatches

If you are **providing your own kayak and paddling gear** for your program, you must provide the paddling gear listed above, and your sea kayak must meet the following requirements**: (1) is suitable for open sea conditions; (2) has positive buoyancy when capsized; (3) is able to adequately carry gear as required for the program; and (4) has perimeter lines. Please note: recreational kayaks that do not meet the above requirements are not suitable for our programs. If you have questions about the suitability of your kayak, please contact us. If your program takes place in an indoor pool, please ensure your kayak and gear are clean of dirt, sand, and debris.

**Exceptions: (1) whitewater kayaks are permitted on our *Rolling clinic*; and (2) surf skis or Olympic-style kayaks with bulkheads or flotation bags are permitted on our *Perfect Your Forward Stroke clinic*.

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.

*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.
- *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.

Clothing

- Swimsuit and towel. A merino, silk or synthetic long underwear top can optionally be worn. Underwear can provide additional warmth, even when wet. Females may wish to wear nylon shorts over their swimsuit.
- 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.

Preparing for Your Program

Kayaking requires some upper body strength and endurance. If you are lacking this, it is rarely a problem as we don't paddle huge distances, and usually folks get by quite well with only occasional minor muscle aches. However, if you feel you could use some upper body conditioning before your

trip, exercising with light weights can be quite helpful. Concentrate mainly on shoulder strengthening exercises, focusing on endurance rather than strength.

Medications

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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