

# OCEAN RIVER ADVENTURES



## CUSTOM INSTRUCTION & PERSONAL COACHING

**(3 hours or longer) Personalized coaching, just for you!**

Custom instruction & personal coaching is a joy for those who like an efficient, streamlined approach to learning kayaking skills or stand up paddling skills; or for those who, due to their time-constraints, cannot join our regularly scheduled sessions. Coaching is customized to your needs, and can provide instruction ranging from foundational skills to advanced techniques.

Examples of types of coaching sessions that can be arranged include: Private Sea Kayaking, Racing Kayak and SUP instruction, Fitness Paddling, Maneuvering & Agility (also known as the 'Zen of Kayaking'), Rough Water Paddling, Currents, Youth Camps, Coastal Kayak Tour, and Gulf Island Escape.

**Times:** 3 hours or longer

**Location:** Victoria, British Columbia, Canada

**Cost:** \$60 per hour for a minimum of 3 hrs. Each additional person is an additional \$15 per hour.

**Kayak and Paddling Gear Rental:** 50% off rental for the course duration. Kayak rentals include paddling gear.

### Itinerary

Confirm the date, time and location of your session with Ocean River Adventures. Refer to the list below for directions and parking instructions for your location. Please arrive 15 minutes early for your session so that it can begin on time. We cannot be responsible for damage to or loss of your personal items, so please ensure valuables are stored securely. You can store your valuables in the watertight storage compartments (hatches) of your kayak. If you are doing this, place your valuables in a small bag, sack, or pack lined with a plastic bag to ensure dryness.

### Transportation

You are responsible for transporting yourself to and from the starting location for the coaching session. If Ocean River Adventures is providing a kayak and paddling gear for you, these will be transported to the starting location for you.

## **Locations, Directions, and Parking Instructions**

Please read the following information about how to get to your coaching session and instructions for parking.

### Ocean River Sports

Ocean River Sports is located at 1824 Store Street, Victoria, BC. Please check in at the Adventure Centre at the rear of the store. If you are driving, there is pay parking available directly across the street from Ocean River Sports or in other pay parking lots in the downtown area. You are responsible for payment of the parking fee.

### Crystal Pool

Crystal Pool is located at 2275 Quadra Street (south of Bay Street). Please meet at the rear of Crystal Pool, on the opposite side of the building from the front doors. Because this is after regular pool hours, you will not be entering or exiting using the front doors; rather, we'll come and go using the back doors where we are able to load our kayaks and gear. Access to the rear of the building is gained via a service lane off Queens Avenue. Parking is permitted on this service lane; however, this service lane is a single lane, so you will most likely be double-parked if you choose to park there. **Driving on the grass is not permitted**, so you will need to wait until the person behind you leaves before you can exit. Additional (normal) parking is available in a parking lot on the north side of Crystal Pool or on Queens Avenue, although this is slightly further in distance to the back entrance.

If you are providing your own kayak for the program, please ensure it is clean and free of sand or gravel before bringing into the pool building.

Please **remove your street shoes** before entering the pool deck through the back entrance. This can be a bit challenging if you are carrying a kayak. Usually, there are people "on deck" to whom you can pass your kayak. Approximately half the people can be outside, and half the people can be inside while we load the kayaks into the pool building. If everyone chips in, things run quite smoothly. When on the pool deck, most people wear paddling shoes, such as sport sandals (with heel strap), running shoes, wetsuit booties, or reef shoes.

Change rooms are located halfway up each side of the pool deck. The Women's Change Room is found on the right side of the pool, whereas the Men's Change Room is located on the left side of the pool. Lockers are available in the change rooms for 50 cents (at the time of writing).

### Thetis Lake

To get to Thetis Lake from Victoria, take HWY-1 north toward Duncan. Take EXIT 10, toward VIEW ROYAL/COLWOOD. Once off the HWY, stay in left lane, which becomes ISLAND HWY/HWY-1A. Take the 1st right onto SIX MILE RD and follow this road to Thetis Lake Regional Park. Once inside the park, follow the narrow road through the park past the main parking lot. TURN LEFT and continue to follow the narrow winding road through the park and continue past the main swimming beach. The narrow road finally ends in a small parking lot very near the water at what is known as 'Second' Beach or 'Canoe' Beach. Limited parking is available at this small parking lot. Alternately, you can park at the main parking lot and walk to Second Beach following the narrow road (approximately 10 minutes). Pay parking is available for \$2.25 (at the time of writing).

### Elk Lake

To get to Elk Lake from Victoria, follow Hwy 17 to the intersection of Sayward Road. Follow Sayward Road west to Hamsterly Road. Look for the Ocean River Sports van and kayaks where Hamsterly Road merges close to the beach on Elk Lake. Free parking is available on Hamsterly Road or in the large parking lots located on Brookleigh Road close by.

## Juan de Fuca Strait

Sessions that are scheduled to take place on Juan de Fuca Strait will have meeting places at various locations, based on the objectives of the instruction. Typical locations are the following:

### McNeil Bay, 15 minutes east of downtown Victoria

To get to McNeil Bay from Victoria, follow Fairfield Road east. Fairfield Road changes to Denison Place. Continue east on Denison Place and merge onto Beach Drive east. Continue east on Beach Drive to the intersection of Oliver Street. McNeil Bay is the body of water on the south side of Beach Drive. There is free parking on the street.

### Oak Bay Marina, 15 minutes east of downtown Victoria

To get to Oak Bay Marina 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 south onto Beach Drive. Oak Bay Marina is located immediately on the east side of Beach Drive. There is free roadside parking in the area, or you may park in the southwest corner of the Oak Bay Marina parking lot, where you will find steps down to a small pocket beach. This pocket beach serves as our meeting location.

### 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.

### Gyro Park on Cadboro Bay, 20 minutes east of downtown Victoria

To get to Cadboro Bay from downtown Victoria, follow Fort Street east to Cadboro Bay Road (Fort Street changes its name to Cadboro Bay Road). Follow Cadboro Bay Road to the village of Cadboro Bay, then turn south (right) on Sinclair Road to Gyro Park. There is ample free parking in the large parking lot at the beach.

### Smugglers Cove, 20 minutes east of downtown Victoria

To get to Smugglers Cove from downtown Victoria, follow Fort Street east to Cadboro Bay Road (Fort Street changes its name to Cadboro Bay Road). Follow Cadboro Bay Road past the village of Cadboro Bay. Cadboro Bay Road changes into Telegraph Bay Road. Turn south on Seaview Road. Follow Seaview Road for a short distance, then turn south again onto Tudor Avenue. Follow Tudor Avenue south to McAnally Road, and continue south on McAnally Road until it reaches the water. Here you will find a small beach at Smugglers Cove. There is limited free parking on the side of the road.

## Haro Strait

Sessions taking place on Haro Strait meet at Telegraph Cove, 20 minutes east of downtown Victoria. To get to Telegraph Cove from downtown Victoria, follow Fort Street east to Cadboro Bay Road (Fort Street changes its name to Cadboro Bay Road). Follow Cadboro Bay Road past the village of Cadboro Bay. Cadboro Bay Road changes into Telegraph Bay Road. Continue east on Telegraph Bay Road to its terminus. There is free parking in the small parking lot at the beach.

## **Weather**

Weather in southern Vancouver Island is classified as sub-Mediterranean, and this area boasts the mildest climate in Canada. This means our weather is warm, but not too warm, and surprisingly dry. In spring and fall, we often get a mix of sun and cloud—certainly reasonable weather for sea kayaking, as your spraydeck covers the bottom part of your body and can keep it dry even during some

rain. Combine this with a light raincoat and hat and you should be comfortable. If you are concerned about being outdoors in cooler weather with the possibility of rain, consider registering in a program that takes place during the summer, rather than the spring or fall. Summer is comfortable paddling weather, with temperatures from 18° to 32°C (65° to 90°F). The average monthly rainfall in summer is less than 2.5 cm (1"). Actually, this particular region is in a rain shadow. However, while this region is in a rain shadow, we're very close to the rainforest, which dominates the northern pacific coast. This means that neighbouring areas experience plenty of rain. As such, you must be prepared for the possibility of rain by bringing adequate clothing. Usually, rain doesn't last very long. We take this all in stride in the great outdoors! Programs run rain or shine.

## **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<sup>\*\*</sup>: (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.

<sup>\*\*</sup>Exceptions: (1) whitewater kayaks are permitted on our *Rolling* course; and (2) surf skis or Olympic-style kayaks with bulkheads or flotation bags are permitted on our *PerfectYour Forward Stroke* course.

### Immersion Clothing

When necessary, Ocean River Sports will provide the following immersion clothing for you to wear:

- Wetsuit.
- Paddling jacket.

- \*If you like, you may wish to provide your own wetsuit and paddling jacket or drysuit. If you are providing your own, please ensure that it is comfortable for paddling for extended periods and will keep you warm during immersion.

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

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

##### Safety Gear

- First aid equipment.
- Additional safety gear

#### 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 purchase 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.
- \*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.
- \*Extra car keys in case you lose yours.

##### Clothing

- If your program takes place in a pool or the lake: 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-fitting gloves may actually cause blistering. To keep your hands warm in cooler weather, you may wish to wear wool gloves inside dishwashing gloves, or purchase 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.
- 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.

#### 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).
- \*Thermos with a warm drink.
- \*Lunch

#### **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.

#### **How to Register**

Depending on the length of your program, a deposit or full payment is required to secure your place. For your convenience, we accept Visa and MasterCard. Personal Coaching sessions need to be arranged directly with Ocean River Adventures to confirm date, time, and location.

## **Contact Us**

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