

OCEAN RIVER ADVENTURES



ROUGH WATER PADDLING

(4.5 hours) Brace Yourself for Some Fun!

Rough water paddling is a fun and exciting way to develop your paddling skills. Rough water can be caused by wind and/or tidal currents. Tidal currents occur in many locations and present an opportunity to practise rough water paddling. For paddlers with the right strokes, tidal currents provide an interesting and fun location to 'play.' At the same time, 'playing' in tidal currents greatly improves your paddling skills and provides you with improved confidence the next time you encounter moving water on your kayaking trips. In this clinic, you'll learn how to use ferry glides to effortlessly cross current without 'losing ground,' and you'll practice 'peeling out' to join current—one of the most enjoyable skills to perform in a sea kayak! With these skills in hand, you'll have lots of opportunity to 'play' on current-formed waves!

Prerequisites

Before taking this clinic, we recommend that you have basic rescue skills and kayaking strokes. Specifically, you should be able to brace and control your direction without the aid of a rudder. In addition, you have previously received instruction on how to correctly capsize in a kayak and be rescued by another paddler. For your safety and enjoyment, and for the safety and enjoyment of others in the program, please ensure you enter the clinic with the prerequisite knowledge, skills, and experience. If you are unsure about your level of experience, please give us a call.

Itinerary

If Your Clinic Takes Place in Enterprise Channel

This clinic starts at **1:00 pm**. We will meet at Oak Bay Marina. 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.

If Your Clinic Takes Place in Baynes Channel

This clinic starts at **8:30 am**. We will meet at 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. Smugglers Cove opens up into Baynes Channel. There is limited free parking on the side of the road.

The location, time and dates have been chosen according to the moon phase and orbit for the best possible experience! Be sure to bring a snack and water. The incredible environment of the area is an ideal classroom, complete with ocean currents and beautiful scenery.

For your safety and enjoyment, we ensure that groups with more than 4 participants are led by two experienced instructors. Our minimum group size is 3 participants and 1 instructor; our maximum group size is 8 participants and 2 instructors. If you are renting a kayak from us, your kayak and all associated paddling gear (paddle, personal flotation device, sprayskirt, throw-bag, pump, and paddle float) will be transported to the clinic for you.

Ocean kayaking is not without risk. Certain rules of sea kayaking must be agreed to and observed by all members of the program to maximize the safety and enjoyment of all participants and minimize our impact on the ecosystem. We will discuss these rules, why they are necessary, and what contingency plans we would use in the event of an emergency.

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 safe and enjoyable experience.

Coastal areas such as Vancouver Island have a great deal of strong currents that could be dangerous to paddlers without the right strokes and skills. In this clinic, you'll learn to handle currents with confidence!

Specifically, you'll learn the following:

- How to identify current, eddies, and eddy lines
- Techniques for paddling upstream and downstream in current
- Techniques for joining current ('peeling out')
- Techniques for exiting current ('eddy out')
- How to ferry glide across currents

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, 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)

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 Ocean River Sports Provides for Your Program

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

- First aid equipment.
- VHF Marine Radio.
- Signaling flares.
- Shared charts of the paddling areas.
- Tide and Current Tables Volume 5: Juan de Fuca Strait & Strait of Georgia.
- Helmet (which we will wear when kayaking in rough water near shorelines). If you like, you may wish to provide your own kayaking helmet.

- 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 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 or call us! Our contact information is located at the end of this document.

*indicates optional item.

Navigation Equipment

- 2 pens for writing notes.
- Notebook for taking general notes
- Waterproof case for notes, such as a chart case or large Ziplock™ bag; alternately, use a waterproof notebook/logbook, such as those made by Write-In-the-Rain™).

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.
- *Waterproof or disposable camera.
- *Moist towelettes for a quick, waterless cleanup.
- *Extra car keys in case you lose yours.

Clothing

- Neoprene 'Scull Cap' or thin wool toque (to keep your head warm when wet).
- 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.
- 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 capsized).
- 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.
- Biodegradable soap to wash.
- *Hand sanitizer

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.

Swell or wind waves can be encountered on the ocean. If seasickness is of concern to you, your doctor or pharmacist may be able to recommend medication to help. Also, anti-nausea (drug-free) wristbands work well for many people if put on at the beginning of a paddling day. Please note that seasickness occurs only rarely in sea kayaking. Be sure to let us know if you anticipate that seasickness will be a problem for you.

How to Register

Programs may fill up quickly, so register early to avoid disappointment. Depending on the program you're registering for, a deposit or full payment is required to secure your place. For your convenience, we accept Visa and MasterCard.

Contact Us

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