

OCEAN RIVER ADVENTURES



BASIC KAYAK SKILLS (INCLUDING RESCUES)

(8 hours) Start your journey!

This inspiring course will introduce you to the skills and knowledge you need to safely start kayaking. It is suitable for new paddlers on their path through a nationally accredited curriculum; or for paddlers who already have some experience but are looking for some formal instruction. You will learn basic paddling skills, including forward and reverse paddling, drawing your kayak sideways, and edging (intentionally leaning your kayak). As well, you'll have the opportunity to experience what it feels like to capsize in a kayak, how to be rescued by another kayaker, and how to rescue a paddling partner who has capsized. Finally, we'll discuss useful information to round out your understanding of kayaking, including aspects of boat design, safety equipment, and proper clothing. This course teaches you the necessary components for **Paddle Canada Basic Kayak Skills** Certification.

Itinerary

You have registered in a **Basic Skills Kayak Course** and will meet your instructor(s) and other participant at **8:30am pm 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. It will also be transported to the pool for you for the evening session.

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 you 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 neighboring 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

A sea kayak and all paddling gear is 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).
- *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* course; and (2) surf skis or Olympic-style kayaks with bulkheads or flotation bags are permitted on our *Perfect Your Forward Stroke* course.

What Ocean River Sports Provides for Your Program

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

- Wetsuit.
- Paddling jacket.
- 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 purchase 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.

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

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 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 breath-able 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).
- Lunch/dinner
- *Thermos with a warm drink.
- *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.

