

2010 OCEAN RIVER SPORTS KAYAK PROGRAMS



GREENLAND-STYLE ROLLING AND BRACING

(3 hrs) The tradition continues!

Whether you're curious about this alternative paddling technique or are already paddling with a Greenland-style paddle, this course will interest you! In the comfort of a heated pool, you will learn how to use the Greenland-style paddle for support strokes and Greenland-style rolling techniques. You will learn how to perform a static brace, sculling for support, and different kinds of Greenland-style rolls. The Greenland-style paddle is considered easier with which to roll, so if you're at a level where you are learning to roll, you may find using this paddle can boost your ability.

Before taking this course, we recommend that you have basic kayaking and rescue skills.

2010 Dates: Jan 23, Mar 27

Times: 6:30 pm – 9:30 pm

Location: Crystal Pool, Victoria, BC

Cost: \$80

Kayak Rental: \$15

Ages: 16 and up

Itinerary

Meet at 6:30 pm at Crystal Pool, 2275 Quadra Street (south of Bay Street), Victoria, BC. Please try to arrive 10–15 minutes early. 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 laneway off Queens Avenue. Parking is available in a parking lot on the north side of Crystal Pool or on Queens Avenue. Lockers are available in the change rooms for 50 cents.

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.

Equipment List

What Ocean River Sports Provides for Your Program

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

- Top quality instructor(s).
- Greenland-Style paddles (if you have your own, you are welcome to bring it).

What You Provide for Your Program

Please read the following equipment list carefully, as it indicates what you will need to bring with you on the program.

Kayaking

- Sea kayak (rental sea kayaks with paddling equipment are available at a discounted rate—to ensure availability, please book in advance). If you are bringing your own kayak, please ensure that it is clean of dirt, sand and gravel.
- Personal flotation device
- Spray skirt
- Pump
- Paddle float

Clothing

- Swimsuit or light neoprene wetsuit. A merino, silk or synthetic long underwear top can optionally be worn. Females may wish to wear nylon shorts over their swimsuit.
- Towel
- Eye-glass retainer strap if you would like to wear glasses during the on-water sessions.
- Footwear for wearing in your kayak (that can get wet); e.g., sport sandals (with heel strap), running shoes, wetsuit booties, or reef shoes with good soles.

Optional

- A nose plug or diving mask 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.

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 preventative medications. If you have any questions about medications, contact your doctor.

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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Cancellation Policy

Should you need to cancel a reservation, the following policy applies to receive a full refund: overnight and multi-day programs of duration 3 days or longer require 14 days notice, shorter programs require 7 days notice, and kayak rentals require 72 hours notice. With less notice, Ocean River Sports will retain the program deposit, 25% of the cost of the program, or a minimum \$25, whichever is greater. To transfer a reservation within the cancellation period, a 15% or \$25 transfer fee will be charged, which ever is greater.