

# 2011 OCEAN RIVER SPORTS KAYAK PROGRAMS



## IMPROVE YOUR FORWARD STROKE

***(4 hours) Make every stroke count!***

We use the forward stroke more than any other stroke. That's why it's important to learn how to get the most from each stroke. A finely tuned forward stroke will enable you to paddle further, faster, and with less effort, making your paddling more enjoyable. The forward stroke is actually one of the more difficult strokes to master because its mechanics are not intuitive; rather, good technique requires expert guidance. This clinic is helpful to those who find they are having difficulty keeping up with their paddling companion(s), and for preventing or reducing overuse injury caused by improper technique. You'll learn aspects of paddle design to help you understand how to make the most of your equipment. Video analysis will be used to give you individualized feedback. This is also a popular clinic for Adventure Racers looking for a competitive edge.

**2011 Dates:** May 29, Jul 17

**Times:** 1:00 pm – 5:00 pm

**Location:** Ocean River Sports, 1824 Store Street, Victoria, BC

**Clinic Cost:** \$80

**Kayak and Paddling Gear Rental:** \$15

**Ages:** 16 and up

## **Prerequisites**

Before taking this clinic, we recommend that you have basic kayaking strokes or equivalent skills and experience. Specifically, you should be able to paddle forward in a straight line, control the direction of your kayak without the aid of a rudder, and perform a low brace. If you are uncertain about your level of experience, please give us a call.

## **Itinerary**

Meet your instructor(s) and other participants at Ocean River Sports, 1824 Store Street, Victoria, BC. Start time for the program is **1:00 pm**. Please arrive early for your program to allow yourself enough time to change into your paddling clothing and unload your kayak (if you are providing your own kayak). If you are renting a kayak from us, your kayak will be reserved for you and located on our dock.

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. Alternately, there is free parking on the streets on Sundays. 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 bringing your own kayak, you can drive around behind Ocean River Sports to drop off your kayak, then carry it down the ramp to the dock. Access is available through a lane two buildings north of Ocean River Sports. Please note there is no public parking available behind Ocean River Sports.

Please assemble at our docks by 1:00 pm ready to 'get on the water.'

## **What You Will Experience**

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.

During this clinic, you will learn the advantages of various paddle designs. You will learn proper body position and movement for more efficient forward paddling, including a solid 'catch,' efficient shaft and blade angle, full torso rotation, and leg drive. You will apply these techniques during an on-water, practical session, followed by video analysis of your technique for accurate individual feedback. You will gain a greater understanding of basic stroke fundamentals, and you will develop techniques for stroke improvement.

## **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 con-

cerned 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\*\*: (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 *Improve 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.

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](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.
- \*Waterproof or disposable camera.
- \*Extra car keys in case you lose yours.

### Clothing

- Comfortable, low heeled shoes such as sport sandals or running shoes (we launch from a dock, so your feet should stay dry).
- 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 blis-

tering. 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).

- 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).

### 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.

### **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**

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**

Ocean River Sports  
1824 Store Street  
Victoria, British Columbia, Canada V8T 4R4

Toll Free: 1-800-909-4233  
Phone: (250) 381-4233  
Fax: (250) 361-3536  
[adventure@oceanriver.com](mailto:adventure@oceanriver.com)  
[www.oceanriver.com](http://www.oceanriver.com)

## **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, whichever is greater.

Should you need to cancel a tour reservation, the following policy applies to receive a full refund: multi-day tours of length 3 days or longer require 14 days notice; shorter programs require 7 days 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, whichever is greater.

Should you need to cancel a kayak rental or pool drop-in reservation, we require 72 hours notice. With less notice, Ocean River Sports will retain 25% of the cost of the rental, the pool drop-in fee, or a minimum \$25, whichever is greater.