

2011 OCEAN RIVER SPORTS KAYAK PROGRAMS



INTRODUCTION TO KAYAKING SKILLS

(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. 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 Introduction to Kayaking Skills** Certification.

2011 Spring/Fall Course Dates: Mar 12, Apr 2, Apr 23, Apr 30, May 7, May 28, (see below for summer course dates), Oct 1, Oct 22

Spring/Fall Times and Locations: 12:00 pm – 4:30 pm at Ocean River Sports and 6:15 pm – 9:45 pm at Crystal Pool

2011 Summer Course Dates: Jun 4, Jun 18, Jun 25, Jul 9, Jul 23, Aug 6, Aug 13, Aug 27, Sep 10

Summer Times and Locations: 8:30 am – 4:30 pm at Thetis Lake (25 minutes northwest of Victoria, BC)

Course Cost: \$140

Kayak and Paddling Gear Rental: \$30

Ages: 16 and up

Itinerary

Itinerary for Spring/Fall Course Dates

If you have registered in a **Spring/Fall Course Date**, you will meet your instructor(s) and other participants at **12:00 pm** at Ocean River Sports, 1824 Store Street, 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 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. 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.

After meeting and greeting all, we will get into our kayaking gear and be introduced to the sport of sea kayaking, launching from our dock behind Ocean River Sports.

Following a dinner break, we will meet for the evening session at **6:15 pm** at Crystal Pool, 2275 Quadra Street (south of Bay Street), Victoria, BC. 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 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. During this "pool" session, you will learn the important skills of how capsize safely, how to be rescued by another paddler, and how to rescue another paddler who has capsized.

Itinerary for Summer Course Dates

If you have registered in a **Summer Course Date**, meet your instructor(s) and other participants at **8:30 am** at Thetis Lake Regional Park. Please attempt to arrive 10-15 early to make sure you're ready to start on time. To get to Thetis Lake from Victoria, take Highway 1 north toward Duncan. Look for signs for Thetis Lake Regional Park and take the HWY-14 exit, EXIT 10, toward HWY-1A/COLWOOD/SOOKE/PORT RENFREW. Turn slight left onto BURNSIDE RD W. BURNSIDE RD W becomes ISLAND HWY/PROVINCIAL ROUTE 1A. Turn right on 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 and main swimming beach. The narrow road 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. 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. Wetsuits will be available for you to wear; however, Thetis Lake warms to

comfortable temperature in the summer and you may choose to not wear a wetsuit. Please bring a plenty of water and a lunch.

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.

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**: (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 *Improve 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-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).
- 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.

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
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 courses 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.