

2011 OCEAN RIVER SPORTS KAYAK PROGRAMS



MANEUVERING & AGILITY

(6 hours) Make your kayak dance!

While a level, flat kayak is stable in calm conditions, you'll need new skills and techniques to paddle safely and with confidence in currents or rougher waters. In this clinic, you'll learn to control your kayak by employing some neat tricks—like edging your kayak, spinning on a dime, and moving sideways while under motion. When all is said and done, you'll have the skills and theory necessary for proficient sea kayaking in more challenging conditions—and you'll look good doing it!

2011 Dates: Mar 27, May 23, Jun 4, Aug 14

Times: 9:30 am – 3:30 pm

Location: Gyro Park on Cadboro Bay, 20 minutes east of downtown Victoria, BC

Clinic Cost: \$130

Kayak and Paddling Gear Rental: \$30

Ages: 16 and up

Prerequisites

Before taking this clinic, we recommend that you have learned basic kayaking strokes and rescue skills. Specifically, you should have previously received instruction on how to correctly perform foundational paddle strokes without the aid of a rudder, including paddling forward, turning using sweep strokes, paddling backward in a straight direction, stopping, drawing a kayak sideways, and performing a low brace. In addition, you should 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

This program takes place from Gyro Park on Cadboro Bay, approximately 20 minutes east from downtown Victoria. To get to Cadboro Bay from downtown Victoria, follow Fort Street east to Cadboro Bay Road (Fort Street changes its name to Cadboro Bay Road). Follow Cadboro Bay Road to the village of Cadboro Bay, then turn south (right) on Sinclair Road to Gyro Park. There is ample free parking in the large parking lot at the beach. If you are parking a vehicle, we cannot be responsible for damage to or loss of your personal items, so please ensure your valuables are carried with you or stored securely. 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.

The program begins at **9:30 am**, so please try to arrive 10-15 minutes early so you can be ready to meet your instructor(s) and other participants. The incredible environment of the area is an ideal classroom, offering protected waters and beautiful scenery.

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.

This is a very practical clinic, so expect to spend the full day on the water. We will stop for lunch at a beach away from the vehicles, so pack a lunch that you can bring with you in your kayak. Expect the program to end at 3:30 pm.

Don't forget to share your memories and photographs with us—we'd love to hear from you.

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. We'll teach you how to intentionally edge your kayak, yet remain stable, by applying paddle finesse and motion. Discover how to spin on a dime using a low or high brace (telemark) turn, learn how to move your kayak sideways under motion with a slipstream stroke, and practice sculling for support so that you will feel 'untippable.'

Specifically, you will learn the following:

- Edging your kayak
- High bracing
- Sculling for support
- Forward and reverse turning on edge
- Slipstream stroke
- Low telemark and high telemark turns

- Bow rudder and cross-bow rudder strokes

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* clinic; and (2) surf skis or Olympic-style kayaks with bulkheads or flotation bags are permitted on our *Improve 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.
- Wetsuit.
- Paddling jacket.
- *If you like, you may wish to provide your own wetsuit and paddling jacket or dry-suit. 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.

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

- 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 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 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.

- Lunch
- 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

Ocean River Sports
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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 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.