

# 2011 OCEAN RIVER SPORTS KAYAK PROGRAMS



## ROLLING

***(3 hours) The ultimate self-rescue!***

This clinic will teach you rolling—ultimate self-rescue technique—as well as give you renewed confidence in your braces and less concern for unanticipated cap-sizes. Rolling a kayak is like learning a new dance step: you need to do the right movement at the right time, then practice until your movements becomes fluid. Our instructors will teach you the building blocks to a successful roll, and lead you through the incremental steps of rolling. You will learn how to ‘spot’ your practice partner, enabling you to continue practicing this technique on your own. As different people take different lengths of time to learn to roll, this clinic can be repeated if you would like further practice in a class setting.

**2011 Dates:** Feb 12, Mar 5, Apr 2, Apr 23, Oct 1, Nov 5, Dec 10

**Times:** 6:30 pm – 9:30 pm

**Location:** Crystal Pool, 2275 Quadra Street (south of Bay Street), Victoria, BC

**Clinic Cost:** \$85

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

**Ages:** 16 and up

## **Prerequisites**

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

## **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 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.

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.

During this program, you will learn the following:

- Boat fit and hip control
- Techniques for 'spotting' practice partners
- Bracing
- Setting up for a roll
- Kayak rolling techniques

## **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.

\*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.
- \*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.
- \*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.

- 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.

### **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, which ever 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.