

2011 OCEAN RIVER SPORTS KAYAK PROGRAMS



SURF & SURGE

(2 days) Launch yourself on the open coast!

Paddling on the open coast is the dream of sea kayakers, yet paddling in these conditions requires you to confidently and safely launch and land in surf conditions, and negotiate rocky areas ('rock gardens') and surge channels. We'll teach you how to launch and land safely at a surf beach, and how to brace in surf to prevent a capsize. You'll also learn how to use timing and finesse to make your kayak respond quickly and accurately to changing situations, such as conditions found in rock gardens and surge channels. You'll learn to select strokes for various situations, and blend strokes into new and practical combinations. A must for anyone planning to paddle the open coast or for anyone interested in improving their overall kayaking skills!

2011 Dates: Apr 16–17, Oct 22–23

Times: 8:30 am - 4:30 pm each day

Location: Port Renfrew (on southwestern Vancouver Island, 2.5 hours from Victoria, BC)

Clinic Cost: \$295

Kayak and Paddling Gear Rental: \$55

Shared Accommodation (2 nights): \$85

Ages: 16 and up

Prerequisites

Before taking this clinic, we recommend that you have confident rescue skills and intermediate-level kayaking strokes, such as those learned in 'Maneuvering & Agility.' Knowing how to roll is an added bonus, but is not required. Specifically, prior to the clinic, you should have previously received instruction on how to correctly perform the following:

- Edging your kayak

- Low and high brace
- Sculling brace
- Low brace turn

In addition, you have previously received instruction on how to confidently perform rescues, including:

- Assisted and solo rescue techniques

Also, you need to be able to swim at least 25 meters.

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

Friday evening (before the start of the clinic): Arrive at [Trailhead Resort](http://www.trailhead-resort.com) (www.trailhead-resort.com; 250-647-5468) in Port Renfrew, BC. To get to the cabins at Trailhead Resort, follow the main road through town until just before the public dock (it's a small town). You'll see the sign for Trailhead Resort on the right. The instructor(s) will be arriving at the cabins at about **7 pm** on Friday night. If you arrive before us, you can let them know you are part of the Ocean River Sports group to pick up a key (and that Ocean River Sports will be paying for the cabins when the instructors arrive). Please plan to arrive **no later than 9 pm**, as most folks will be bedding down shortly after that. The cost for staying in the cabins is \$85 for 2 nights (in other words, \$42.50 per night). Each cabin can hold up to 6 people. There are two large bedrooms in each cabin, with three beds in each bedroom (1 pair of beds are adult-sized bunk beds). All linens and towels are included. There are also two bathrooms and a fully equipped kitchen area in each cabin. The instructor(s) will stay in the lower bedroom of the cabin on the left (when you're facing toward the front doors), so please leave this bedroom vacant.

Saturday 8:30 am: Meet at the southern Pacheedaht Campground (located on the outskirts of Port Renfrew where the San Juan River empties into Port San Juan. Please note that there are two Pacheedaht campgrounds, one at either end of the long beach at the base of Port San Juan. Please meet at the southern campground. Depending on the time of year, there *may* be an additional fee (\$10 at the time of writing) for day use per vehicle. Please bring cash to pay the campground operator each day. If you are parking a vehicle, we cannot be responsible for damage to or loss of your personal items, so please store valuables 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. Expect the program to end at 4:30 pm, when we will return to Trailhead Resort.

Sunday 8:30 am: Meet at the southern Pacheedaht Campground. Expect the program to end at **4:30 pm**; however, we caution that due to unsafe weather conditions or other reasons, our return may be delayed. As such, please do not make tight connections or other time-sensitive travel plans for the evening of your return; rather, enjoy a relaxing evening in Port Renfrew, Victoria, or nearby area.

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.

The incredible environment of the area is an ideal classroom. Depending on the conditions (i.e., the surf conditions and swell height), we have the option of learning surf skills first if conditions are right, or waiting until the second day to enjoy the surf. On the alternate day, we will explore the exposed coastline of the northern shore of Port San Juan, with plenty of time for snacks and rest stops. This coastline is an ideal learning environment, complete with sea arches, surge channels, reefs, and sea caves.

Ocean kayaking is not without risk. Certain rules of sea kayaking must be agreed to and observed by all members of the program to maximize the safety and enjoyment of all participants and minimize our impact on the ecosystem. We will discuss these rules, why they are necessary, and what contingency plans we would use in the event of an emergency.

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

Meals

Participants are responsible for providing their own meals and snacks during the program. Please prepare packable lunches for each day. There are full kitchens in the cabins at Trailhead Resort, so you can bring food if you like to cook for yourself. Alternately, there should be a restaurant open in the area, if you'd like to eat out. However, Port Renfrew a very small community, and the restaurants are seasonal. In the past, one restaurant has always remained open year-round. If you'd like to check about restaurant availability, contact:

- Coastal Kitchen Cafe: 250-647-5545
- Port Renfrew Hotel: 250-647-5541
- Lighthouse Pub: 250-647-5505

There is also a very small grocery store in the town. The store has limited stock and limited hours, so it's best to come prepared.

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. The

clinic comprises the following modules delivered over the 2 days. The modules are described below.

Negotiating Surf Conditions

When kayaking on the exposed coastline, you need to be able to proficiently handle surf situations when launching and landing. Specifically, you'll learn the following:

- General safety issues relevant to surf zones
- Kayaking strokes and rescue techniques for surf zones
- Reading the surf
- Launching and landing through surf
- Paddling in the surf
- Communicating in the surf
- Surfing

Paddling in Surge Channels and Rock Gardens

In this module, you'll learn how to use timing and finesse to maneuver quickly and accurately in surge channels and rock gardens (the area where ocean swell meets the rocky coast). You'll learn to select the most appropriate strokes and blend strokes into new and practical combinations.

Specifically, you will learn the following:

- Choose most appropriate stroke for situation
- Blend strokes fluidly
- Apply most appropriate stroke without hesitation
- Time passage through surge channel to obtain best passage
- Extract capsized paddling companions from exposed coastlines

Weather

Port Renfrew experiences cool summers and mild winters, with mean average daily temperatures ranging from a low of $\sim 3^{\circ}\text{C}$ ($\sim 37^{\circ}\text{F}$) in January to $\sim 15^{\circ}\text{C}$ ($\sim 60^{\circ}\text{F}$) in August.

This region is part of the rainforest, which dominates the northern pacific coast. This means that the area experiences plenty of rain, with a mean total rainfall of $\sim 64\text{ mm}$ (2.5 inches) in July and $\sim 562\text{ mm}$ (562 inches) in November. As such, you must be prepared for the possibility of rain by bringing adequate clothing. We take this all in stride in the great outdoors!

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:

- Large, group tarp.
- First aid equipment.

- VHF Marine Radio.
- Signaling flares.
- Instructional materials.
- 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.
- Helmet (which we will wear when kayaking in surf or rough water near shore-lines). If you like, you may wish to provide your own kayaking helmet.
- Towline: a towline is between 8 and 15 metres long and has a quick release belt and carabiner attachment point. Note that this is different from a throw-line. A quality towline is the Northwater Quick Release Rescue Tow, also known as the “Burrito Bag.”
- Webbing for surf tails.
- Shared charts of the paddling areas. *If you wish to provide your own personal charts, the charts are 3647 Port San Juan and Nitinat Narrows.
- Tide and Current Tables Volume 6.

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.
- Small personal first-aid kit; including items such as Band-Aids, blister protection, antiseptic towelettes, aspirin, and any personal medications you require (if you require any special medications, please refer to the section in this document entitled *Medications*).
- Good book.
- *Earplugs for light sleepers.
- *Notebook for taking general notes
- *2 pens for writing notes.
- *Waterproof case for notes, such as a chart case or large Ziplock™ bag; alternately, use a waterproof notebook/logbook, such as those made by Write-In-the-Rain™).
- *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.
- *Waterproof or disposable camera.
- *Binoculars.
- *Moist towelettes for a quick, waterless cleanup.
- *Games, such as cards or a board game.
- *Extra car keys in case you lose yours.

Clothing

- Neoprene ‘Scull Cap’ or thin wool toque (to wear under your helmet to keep your head warm when wet).
- *Swimsuit (for the hot tub at Trailhead Resort).
- 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 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.
- Rain pants.
- 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.
- Wool or fleece or cap (in the spring or fall; significant body heat is lost through the head and neck).
- Additional warm fleece pullover or Merino (wool) sweater to keep you warm in cooler weather.
- 3 pairs of warm, wool socks.
- 2-3 pairs of long underwear tops (of varying warmth ratings)
- 2-3 pairs of long underwear bottoms (of varying warmth ratings)
- *Baseball cap.

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.
- Snacks.
- Lunches.
- Biodegradable soap.
- *Dinner(s) (if not planning to eat in restaurant).
- *Thermos with a warm drink.

Toiletries

- Toothbrush.

- Toothpaste.
- Additional toiletries of your choice, such as deodorant, dental floss, and hand lotion.
- *Hand sanitizer

Preparing for Your Program

Kayaking requires some upper body strength and endurance. If you feel you could use some upper body conditioning before your trip, getting out and paddling a kayak a few times is the best way to get prepared. If you need to rent a kayak to do this, we have a number of models from which to choose. Also, exercising with light weights can be quite helpful. Concentrate mainly on shoulder strengthening exercises, focusing on endurance rather than strength.

If you would like to do some background reading to prepare yourself for the program, the following book is a good reference:

- *Sea Kayaker's Handbook of Safety and Rescue* (D. Alderson and M. Pardy, 2003).

Medications

Please fill out and return the attached medical form and waiver no later than 14 days prior to the program start date. We will need this information to help us plan for the program.

Please note that you will require a **current tetanus shot** (less than 10 years old). This is very important, as tetanus is a naturally occurring bacteria that lives in the soil. If you do not have up-to-date tetanus inoculation, you may contract tetanus through a scratch or cut, and require immediate evacuation. A simple tetanus shot, easily accessible at most medical facilities, removes the risk of contracting tetanus. **You will not be permitted to participate in the program without a current tetanus shot.**

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 Get to Port Renfrew

Port Renfrew, BC, is a small, remote town located on the southwest coast of Vancouver Island. There is no public transportation to Port Renfrew, so you will need to provide your own vehicle. Please note that you are responsible for transporting yourself to and from Port Renfrew and during the clinic. Port Renfrew is easily accessed by scenic Highway 14 (approximately 2.5 hours from Victoria). Alternately, there is a graded logging road that cuts across the island linking Port Renfrew directly to Duncan. Please refer to an up-to-date, detailed roadmap if you are taking this route.

Additional Information on Travel and Accommodation

Vancouver Island is easily accessed by air, ferry, and bus. Air Canada and WestJet offer regularly scheduled flights. BC Ferries offers ferry service from Canadian departure locations, while Washington State Ferries and the M.V. Coho offer ferry services from American departure locations.

- Air Canada
1-888-247-2262 (in North America)
www.aircanada.com
- WestJet
1-888-WESTJET (1-888-937-8538)
www.westjet.com
- BC Ferries
1-888-BC FERRY (1-888-223-3779) from anywhere in North America
(250) 386-3431 from outside North America
www.bcferrries.com
- Washington State Ferries
(206) 464-6400
www.wsdot.wa.gov/ferrries
- M.V. Coho Ferry
(360) 457-4491
www.cohoferry.com

For more information about accommodation on Vancouver Island, please contact the following:

- Tourism British Columbia
1-800-663-6000
www.hellobc.com

- Tourism Victoria
1-250-953-2033; Accommodation Reservations 1-800-663-3883
www.tourismvictoria.com
- Provincial Parks of British Columbia
www.bcparks.com
- National Parks of Canada
www.pc.gc.ca

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 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.