

INTRODUCTION TO SEA KAYAKING

Skills 1 & 2 - 3 hrs each/ Introduction to Sea Kayaking Week end

BE PREPARED!!!

- * **Be prepared** to spend your time on the water and in the sun, rain, wind and everything in between. .
- * **Fill out all forms** (Included)
- * **Sign the waiver** (this must be received by or before the event)

Itinerary

9:00 - 12:00

Meet at the Canoe club dock (map) for introductions, securing valuables, changing and location of washrooms and conveniences.

- * Boat, paddle & equipment basics, Wet exit, forward and reverse, turns

**12:00 - Lunch break
(bring your own)**

1:00 - 3:00

- * Basic assisted rescue, touring skills and intermediate strokes,

Topics

Safety trip/route planning, team approach and emergency action plan, assisted rescue, self rescue,

Equipment

1. Kayaks style and outfitting
2. Paddle design and choice
3. life jackets and safety equipment

Boat Handling

- Getting in the boat in and out of the water, Shore landings

Strokes

- forward stroke
- stopping
- reverse stroke
- braces-(high and low)
- draws, sculls, feathering
- turns and leaning & tilting

2nd day Itinerary

**7:00 breakfast (buy your own) –
or 8:00 am for departure**

Meet at Nairn Centre at Jeremy's restaurant, Hwy 17 west (30 minutes from Sudbury) introductions,.

10:00 - Arrive at the Harbour

10:00 - 10:30

Securing valuables, changing and location of washrooms and conveniences

- * Load the boats and get under way to the Benjamin's or other islands

1:00 pm Lunch, rest and explore

4:00 - 5:00 pm

Arrive back at the cars.

Total trip about 16 klms

This course follows the guidelines set out by the Association of Eastern Canadian Sea Kayak Outfitter, of which Horizons is a member.

WHAT TO BRING

FOR ON THE WATER (in all weather)

- * Lifa or polypropylene long sleeves and pants in June and September
- * **Sunday** -paddling jacket (wind proof & water resistant)
- * Sun screen and bug dope (lots of both)
- * UV blocking sun glasses with retainer band
- * Sun Hat(s)
- * Bathing suit and towel
- * Quick dry t-shirt and 1 pair shorts -
- * Full Water bottles

Sturdy, snug fitting shoes for in water use, sandals are acceptable if they have a heel fastener

- * Whistle with string
- * Small fanny or other bag to store your misc. gear in while on the water.

OUT OF THE WATER

- * **WATER bottle**
- * ONE complete set of dry clothing that protects you from sun and insects. This includes underwear, socks, long sleeves, pants, warm sweater or pile, wind breaker. Avoid Cotton when selecting cloths for warmth. Sweat shirts and sweat pants are not recommended.

