INTRODUCTION TO SEA KAYAKING
Lake Huron Day trips

LEARNING OUTCOMES

Upon completion of the program the participants will...

*   have an understanding of the objective risks they face while kayaking

*   feel comfortable with tasks before attempting them

*   prepare for a day trip in calm sheltered waters with light winds

METHOD

One day trip on Lake Huron

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

7:00 am
Meet at Nairn Centre (Jeremy's restaurant) #17 west (30 minutes from Sudbury) for breakfast (buy your own)

10:00 - Arrive at the Harbour (Pay your own parking $3.00)

10:00 - 10:30
*   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

Day tours are always subject to weather cautions and modifications to the itinerary will be made for winds, lighting and dangerous conditions.

This course follows the guidelines set out by **Paddle Canada**, of which Horizons Adventures is a member.

HORIZONS - *Adventures for Life!!!* Paddle Canada member
866-6069/info@horizonsadventures.ca

WHAT TO BRING

FOR ON THE WATER (in all weather)

* quick dry long sleeves

* paddling jacket (wind proof & water resistant)

* sun screen

* UV blocking sun glasses with retainer band

* Sun Hat(s)

* Bathing suit and towel

* 1 t-shirts and 1 pair shorts

* Water bottles – with water

* sturdy, snug fitting shoes for in water use, sandals are acceptable if they have a heel fastener and toe protection

* 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.

TOPICS

Safety

* trip/route planning, team approach and emergency action plan,

Boat Handling

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

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