



INTRODUCTION TO SEA KAYAKING

Day 1

Introduction to Kayaking introduces the novice to paddling a kayak in calm sheltered water. Rescue techniques at this level incorporate the use of a paddling partner and it is essential for all “Introduction to Kayaking” certified paddlers to travel on the water with others who have been trained in the techniques of assisted rescues.

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

Itinerary

9:00 - 12:00- instruction **12:00-1:00** Lunch **1:00-3:00** – Complete instruction skills and rescues and a short paddle

Meet at Bob and Betsey’s (directions) for introductions, securing valuables, changing and location of washrooms and conveniences. Skill instruction and rescues

Overview

Rescue skills	Paddling skills	Knowledge
• Wet Exit	• Lifting and carrying a kayak.	• Boat design
• Retrieving a swamped kayak	• Forward and reverse paddling.	• Boat outfitting
• Assisted Rescue	• Forward edging and reverse sweep strokes.	• Clothing
• Rafting	• Draw stroke	• Safety Equipment
	• Low brace	• Paddles
		• Injury prevention
		• Equipment care
		• Kayaking resources



Activities focus on individual safety and comfortable paddling along a calm shoreline. While there is a great deal to learn at this level, the activities should concentrate on personal progress and an awareness of the need for future learning. Paddlers should leave the course encouraged to continue their learning and aware of their individual limitations.

WHAT TO BRING

FOR ON/OFF 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
- UV blocking sun glasses with retainer band
- Sun Hat(s)
- Quick dry t-shirt and 1 pair shorts - Bathing suit and towel
- 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.
- 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.

Directions to Lessons

Meet in Parking lot about 8:45

From Sudbury

- Hwy 55 West out of Lively to Panage Lake Rd in Whitefish. Follow Panage Lake Rd to River Rd, go right. Follow River Rd, stay right, follow to the end, Private Property Sign. Continue down to the water.

From Espanola/Sault Ste Marie

- Hwy 17 East to Sudbury Bypass
- Turn right on Hwy (Regional Rd 55) East to Whitefish
- Follow the directions above