

Paddle Canada Basic Sea Kayak Information – West Beach Paddle

Thank-you for choosing our Paddle Canada certified Basic Sea Kayaking Course. This package along with an e-mail after registration will provide the information you need to know about your course, including; what to expect, where to meet and how to prepare. The information here is somewhat generic so please also confirm details in your confirmation e-mail.

The Basic Sea Kayak Course is an Introduction Sea Kayak course and no prerequisite is required. The course is 8 hours in length, usually run as a full day or 2 - 4 hour sessions. You can expect to have a variety of dry land lesson, on water lesson and in water lesson time. Typically 25% dryland, 50% on water and 25% in the water. The order of which will vary depending on weather, conditions and time of the year but typically the wet portion of the course is last so you can get dry and warm again quickly.

How to Dress / What to bring - There are many options for what to wear, some better than others and the time of year and weather will determine what is appropriate for your course. As this is an introduction course we don't expect you to run out and buy all kinds of fancy paddle gear, so as a general rule dress for the weather including a rain jacket. Cotton should be avoided. It stays wet and will rob you of body heat. Polyester, wool and other synthetics are best. Always bring **lots of extra clothing** to layer up or change if/when you get wet. Your feet will get wet!! So footwear you don't mind getting wet. Best is some type of neoprene water shoe/boot (especially in spring and fall) but sandals, old runners or similar will work (barefoot is not a great option). We do provide sleeveless wetsuits during the cooler times of the year or if weather is inclement during the summer months.

Something to keep your extra clothing dry!! garbage bag or dry bag. It is best to leave electronics at home as few waterproof methods are 100% dependable.

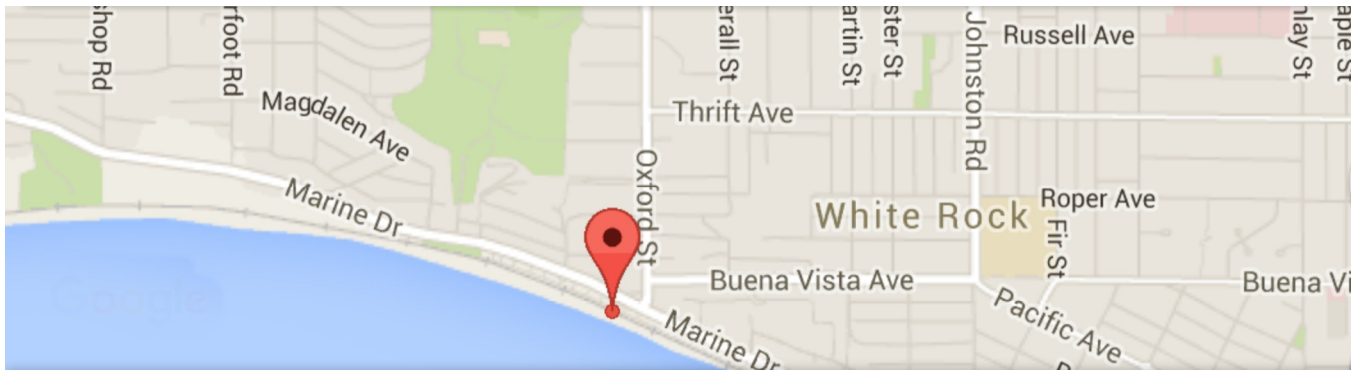
Sun-glasses (with a strap so you don't lose them), sunscreen and a hat.

Bring lunch, snacks and water. There is often somewhere to buy lunch but always good to be prepared if locations change.

After completing the basic course you will probably have a better idea of what clothing and gear you feel you need to purchase to make your experiences most enjoyable. But if you plan to purchase a few things beforehand here are a few items new paddlers often purchase listed in order of importance.

- *Neoprene shoes or boots*
- *Non-cotton base layers*
- *Dry bag for extra clothing and such (20 liter is usually a good size)*
- *Paddling jacket*
- *Paddling gloves (if you often get cold hands or blisters)*
- *Sleeveless wetsuit / farmer john 2-3 mm*
- *Personal floatation device PFD (customized fit can be more comfortable for some)*

Where to meet – Our typical meeting location is near the Oxford St. washrooms on White Rocks west beach. During the summer we have a rental kiosk set up here so you may have seen us before. If not there is a google map on our web-site contact page.



Our locations do vary however so please confirm the location in your confirmation e-mail.

Last minute cancelations do happen!!! We use a variety of information to try and assess the weather and conditions for the day, including marine forecasts, regular weather forecasts, some sailing apps and local knowledge. We try to keep programs running on schedule but will cancel / reschedule if we feel conditions are unsafe or do not provide a good learning environment. We try to make a call at least 1 hour before a course starts so please check your e-mail before leaving your home. If you are travelling from a significant distance we recommend you call before you leave **604-318-4019**, to avoid an unnecessary drive. Especially if it seems particularly windy out. If you are travelling from out of town it is a good idea to touch base with us before you travel, we like to look at the very latest forecasts before cancelling but if we know you are coming from afar it is best to discuss earlier. And look at options.

Occasionally conditions do change and courses need to be altered or rescheduled even after they start. In these cases we will discuss as a group the best way to complete the course with minimal inconvenience.

How to prepare and get the most out of your course – This is an Introduction course so we do not expect you to have any previous experience or knowledge. However we do have a bit of pre-course reading. Reading it will allow us to move through the dry-land information easier and quicker and allow for more time on the water. Topics to read include;

- **Hypothermia prevention**
- **Parts of a kayak** (terms and such)
- **Kayak Safety Model**
- **Waiver forms** – please pre-read these. They are a condition of participation and required by our insurance policy as well as Paddle Canada. Paddling activities (and in fact all activities) have risk. We try to minimize these risks in various ways including; training, safety equipment and decision making, but they still do exist. The only way to remove risk from a program is to not do it.

If you have any further questions please feel free to contact us.

604-318-4019

info@kayakcourses.ca