

## RESCUE CLASS INFORMATION:

Location: Courtenay & District Memorial Outdoor Pool, 489 Old Island Hwy

Where to meet: On the pool deck where you see the kayaks laid out

To register call Courtenay & District Memorial Outdoor Pool@250.338.5371

### **What we Provide:**

Comox Valley Kayaks will provide a kayak and transport Canada required gear for you including:

- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own life jacket, please bring it as it will probably fit & be more comfortable for you.

### **What to Wear:**

- Wear quick dry clothes (no jeans or cotton) similar to those you would wear for jogging or biking. You will be in the water for this class, wearing clothing will help make learning the skills more realistic
- By request—we will have a wetsuit for you to borrow
- Wear water shoes/sandals that are secure on your feet and provide you with good traction for walking (Flip-flops are not recommended.)
- You might want to bring nose plugs and/or goggles/a dive mask with you

Often, people are a little apprehensive about this class, but it really does end up being a lot of fun. We will do our best to ease your fears and (hopefully) keep you smiling and laughing.

