

Women on the Water

This three-session course is perfect for beginners or anyone looking to build confidence on the water! Learn essential kayaking strokes and practice rescues all in a supportive and encouraging environment. No experience required!

Course Overview

Course Length: 6 hours (Three 2 hour sessions)

Course Topics

Re-entry Skills

- Wet exit
- Assisted re-entries

Paddling Skills

- Lifting and carrying a kayak
- Launching and landing
- Emptying the kayak
- Forward and reverse strokes
- Stopping
- Forward and reverse sweep strokes
- Pivots
- Draw stroke
- Low brace
- Edging

Knowledge

- Kayak part names and outfitting
- Paddling and safety equipment
- Injury prevention
- Sun sense
- Transport Canada collision regulations
- Navigation
- Risk assessment and mitigation
- Impact of kayakers on the environment

What We Provide

Participants will be provided with the following Transport Canada-required gear:

- Kayak

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

If you have your own lifejacket, we recommend bringing it for a better fit and increased comfort.

What to Wear

- Quick-dry clothing (avoid jeans or cotton); dress similarly to what you would wear for jogging or biking.
- Wearing clothing will make the experience more realistic. However, if you need to borrow a wetsuit for the rescue portion, **you will need to rent one from Pacific Pro Dive Shop or another outfitter. We will discuss this in class.**
- Appropriate layers for weather conditions
- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)

What to Bring

- A light jacket (for cooler weather)
- A hat
- Sunscreen
- A water bottle
- A change of clothes and warm hat (leave them in your car for after your course)

Locations: We will meet at Comox Valley Kayaks and launch from the boat ramp there.

Please arrive **10 to 15 minutes early** to allow time for parking and to complete a liability waiver.

Upon Completion of the Course

Upon successful completion of the course, students will be able to go out on short paddling excursions in class-0 or calm and sheltered waters.

Contact Information

For further questions, please email: **lessonstours@comoxvalleykayaks.com**
 For urgent inquiries, please call or text **Viki @ (306) 230-4030** (text preferred).

We look forward to seeing you on the water!