

Rolling Session

Dive into the exciting world of kayak rolling with this immersive 75 minute clinic! You'll learn the fundamental mechanics of rolling a kayak, building confidence and control in calm, Class-0 waters. With expert guidance, you'll practice and refine your technique, gaining the skills to smoothly and efficiently roll your kayak in the ocean. Whether you're a beginner or looking to sharpen your skills, this session will help you feel more comfortable and in control on the water!

Course Overview

Course Length: 1 hour

This course runs in Class-0 conditions which are described as:

- Non-challenging, protected waters
- Limited wind effect
- Little or no current
- Wind and sea state is calm to rippled (<15km/h or 8 knots)
- Easy landing and ready access to land-based assistance

Course Prerequisites

- It is highly recommended that students have Basic Kayak Skills certification or equivalent skill and knowledge
- Students must be able to perform a controlled and calm wet exit

Course Topics

paddling Skills

- Warm-up exercises
- Wet exit
- Safe body mechanics
- Rolling progressions
- Learning aids

Knowledge

- Kayak fit and equipment
- Heritage

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

- Immersion equipment: wetsuits or drysuit
- Wetsuit booties/surf booties/diving booties

What to Bring

- A change of clothes and warm hat (leave them in your car for after your course)

Locations: will vary throughout the course depending on the conditions, to ensure participants are exposed to a variety of conditions.

Please arrive **10 to 15 minutes early** to allow time for parking.

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!