

Intro to Kayaking

Kick off your kayaking adventure with a fun and informative session! We'll start with a hands-on, land-based introduction to boats, paddles, and essential gear, giving you the confidence to hit the water. After about an hour, you'll hop into a kayak, and spend the rest of the lesson working on kayak strokes and enjoying the experience.

Course Overview

Course Length:

2.5 hours

Prerequisites: None

Course Topics

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

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 life jacket, 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
- Appropriate clothing 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)
- **Expect to wade up to your knees when launching & landing.**

What to Bring

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

Where to Meet

Location: Your lesson will start on the grass under the big tree at Comox Valley Kayaks; you can gather where you see a bunch of kayaks laid out on the grass for the lesson. There are washrooms available at the boat ramp area.

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

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!