

Paddle Canada Sea Kayak Level-2 Prep Series **Stroke Improvement & Development #1**

Looking to improve your paddling skills? Comox Valley Kayaks & Canoes is running a series of sessions to help improve your paddling skills beyond beginner and into the intermediate realm, so you'll feel more confident in varied conditions and settings.

We'll have both on-water and theory sessions to increase people's skills, knowledge and comfort. These sessions are aimed at people with previous paddling experience, and best suited to those who've already received some kayak instruction.

These sessions will be particularly helpful for anyone planning or preparing for their level 2 Paddle Canada certification.

Course Overview

Course Length:

3 hours

This morning session will build on existing strokes, as well as developing new skills and strokes. The exact content will be based on the needs, interests and goals of the group members, and will include various strokes from the following categories: Forward Strokes; Turning Strokes; Bracing; Rudder Strokes ; Draw strokes.

This is an excellent session for preparing for the strokes required as an intermediate paddler or for taking the Paddle Canada level 2 certification.

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, please scroll down to contact us—availability of sizes may be limited.
- 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: 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 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!