

Course Overview

Women on Water (WOW): The Next Step

This 4-session series is perfect for anyone with a small amount of kayak experience who is looking to build confidence on the water! Learn and refine essential kayaking strokes, practice rescues, and gain trip-planning basics like navigation, weather and tides - all in a supportive and encouraging environment. *(There is an option for Paddle Canada Lv1 Skills certification by completing an additional day on May 30).*

Course Length:

12 hours (4 x 3-hr sessions)

Location:

May 07 @ **Comox Lake** – Meet at the public boat ramp

May 14 @ **Comox Valley Kayaks** – meet on the grass under the big tree in front of the shop

May 21 @ **Comox Lake** – Meet at the public boat ramp

May 28 @ **Comox Valley Kayaks** – meet on the grass under the big tree in front of the shop

Washrooms are available at the boat ramp area in both locations.

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

Course Topics

Knowledge:

- Equipment
- Communication
- Route Planning & Basic Navigation Techniques
- Weather & Sea State

Strokes:

- Forward, Reverse & Stopping strokes
- Sweep strokes & Pivots *(for Turning)*
- Draw strokes *(to move sideways)*

- Edging (*How to put your kayak on edge for efficiency*)
- Low brace strokes (*to prevent capsizing*)

Re-entry Skills:

- Wet exits
 - Assisted re-entry
 - Solo re-entry
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Schedule (This is subject to change due to weather)

MAY 7th - **Intro to kayaking** (Equipment introduction and basic paddling strokes)

MAY 14th - **Kayak rescues** (This session will involve getting in the water while practicing wet exits and rescues).

***Please note: WETSUITS are highly recommended for warmth and comfort. Pacific Pro Dive Shop (on Cliffe Ave) offers winter wetsuit rentals and great service.**

MAY 21st - **Edging and bracing** (skills for efficiency and stabilisation)

MAY 28th - **Paddle to Little Mexico** (Putting all the skills together).

What We Provide

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

- Kayak,
 - Paddle,
 - Lifejacket with whistle
 - Throw bag
 - Bailing device
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What to Wear

- Quick-dry clothing (avoid jeans or cotton) **[A wetsuit is recommended for the rescues day ONLY].**
- Weather-appropriate outerwear

- Water shoes or sandals that secure to your feet and grip well
(*Flip-flops are not recommended*)
 - Clothing that prepares you to wade up to your knees when launching and landing
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What to Bring

- A life jacket (if you have your own for better fit & comfort, or we'll provide)
 - A light jacket (for cooler weather)
 - Hat & sunglasses
 - Sunscreen
 - Water bottle
 - Change of clothes (leave in your car for after class)
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Upon Completion of the Series

Upon successful completion of the series, you will be able to confidently paddle in Class-1 conditions in the company of one or more paddlers with similar skills and knowledge.

Optional Day for Certification

During **WOW: The Next Step** series we will cover many, but not all of the skills involved for completing a *Paddle Canada Lv1 Skills Certification*. If you're interested in becoming certified, we'll offer an additional day of paddling on **May 30** to finish any skills missed, which will be **8:00am-2:00pm** from a location TBD.

Contact Information

Email: lessonstours@comoxvalleykayaks.com

Urgent Inquiries: Call or text Viki at **(306) 230-4030** (*text preferred*)

Best regards,

Michelle