

Introductory Strokes Clinic

Course Date: _____

Location: Ocean River Sports, 1824 Store Street, Victoria, BC

This is where it all starts – the basics of boat handling and strokes! This course will teach you about the parts of a kayak, how to use paddle gear and how to enter and exit a kayak. You will learn how to paddle a kayak with control and understanding, including moving forward, backward, sideways, stopping and turning. Careful – this course may get you hooked on a lifetime of kayaking!

You will learn:

- General safety issues
- Fitting a kayak
- Launching and landing
- Forward stroke
- Stopping
- Reverse stroke
- Draw strokes
- Sweep strokes (turning strokes)

Learning how to sea kayak is an exciting challenge requiring lots of focus and energy. Please come well fed and hydrated. Flexibility is an important part of sea kayaking and any physical activity, stretching before your course will be helpful.

Ocean River Sports is committed to maintaining small class sizes, providing up to date equipment and experienced instructors. If you have any concerns or questions, please call us or talk to your instructor.



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Equipment List

Ocean River Sports provides:

All of the kayaks, paddles, PFDs (lifejackets), sprayskirts, and qualified instructors.

For the course, you should bring:

- A change of warm clothes placed in a marine dry bag (available at Ocean River Sports) or other bag waterproofed with large ziplocks or garbage bags (this provides dry clothes for you to change into, in case you capsize)
- Comfortable footwear, such as sandals, wetsuit booties, or running shoes
- Synthetic long john/jane top, and a fleece top
- Outerwear appropriate for the weather (raincoat or windbreaker)
- Hat for sun, rain, or warmth depending on the weather
- Water and snack
- Sunscreen and sunglasses
- Eye-glass retainer (if you wear eye-glasses or are wearing sunglasses)
- For your hands, you may wish to wear cycling-type gloves if you are prone to blisters. In cooler weather, you may wish to wear wool gloves inside dishwashing gloves or purchase neoprene gloves or pogies (available at Ocean River Sports)

Course Cancellation Policy

Should you need to cancel a reservation, the following policy applies to receive a full refund: overnight and multi-day programs require 14 days notice, day-long programs require 7 days notice, and kayak rentals require 72 hours notice. With less notice, Ocean River Sports will retain the program deposit, 25% of the cost of the program, or a minimum \$25, whichever is greater. To transfer a reservation within the cancellation period, a 15% or \$25 transfer fee will be charged, which ever is greater.