



**PADDLE
CANADA
PAGAIE
CANADA**



LEVEL 1 SEA KAYAKING

A weekend safety course with a day trip

This is a weekend course with a strong focus on safety, rescues and fun. It is designed for participants with little or no kayaking experience. It will give you skills and knowledge necessary to paddle safely with others of similar ability in Level I conditions.

Successful participants will be awarded certification under Paddle Canada's national certification program.

OUTLINE

DAY 1 (SATURDAY) LONG POND

9:00 AM – Introductions, Paddle Canada program overview, Weather lecture.

Stroke clinic – forward, sweeps with edging, reverse, stern rudder and stopping

Noon – Lecture on kayaks and equipment, navigation and trip planning.

1:30 PM – Strokes continued - High and Low Braces, rescue clinic

DAY 2 (SUNDAY) CONCEPTION HARBOUR

8:30 PM – Day paddle. We work on navigation, group management, strokes, rescues, and towing.



NEWFOUNDLAND KAYAK CO.

St. John's, NL

709 726-0516
info@nfkayak.com
www.nfkayak.com

2017 DATES

JULY 15&16

FULL DAYS

LOCATION: ST. JOHN'S &
CONCEPTION HARBOUR, NL

TUITION

\$299 + \$50 IF KAYAK RENTAL
REQUIRED

LIMITED NUMBER OF KAYAKS
AVAILABLE

A WET SUIT OR DRY SUIT IS
REQUIRED FOR THE COURSE.

WE RENT WET SUITS FOR \$20
FOR THE WEEKEND (LIMITED
NUMBER AVAILABLE). CAN
ALSO BE RENTED FROM THE
OUTFITTERS AT 220 WATER
STREET BUT MUST BE
RESERVED AHEAD OF TIME BY
CALLING 579-4453.



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What to bring

- Pen – you will be required to sign a waiver
- Personal clothing including wool hat, sun hat and gloves. Avoid cottons -- clothing should consist of fleece & wool that will retain warmth when wet or quick dry nylon.
- A change of dry clothing to be kept in reserve at all times and carried in a waterproof bag or container
- Shoes you don't mind getting wet
- Rain gear
- A wet suit is required for Friday, Saturday and Sunday
- Water bottle, high energy snacks and lunches
- Sun screen



Driving directions

NKC Phone Number: 727-7861 (Richard's mobile phone #) if you will be late for any portion of the course. Attendance at all sessions is required for certification.

Long Pond – St. John's (pond behind MUN). We meet at the Splash Facility, located off Prince Philip Drive and behind field hall. University's Business Administration Building and Field Hall. We meet at the small green clapboard covered building next to the floating dock.