



## Program Information

# Surfing Skookumchuck



## Program Description

Skookumchuck, the Chinook name for strong or powerful water is a world-class surfing destination. On large tides, current speeds can exceed 30km/h resulting in massive waves, whirlpools, and boils. With over 50 trips to “Skook” Rowan has developed a unique 2-day course that focuses on the skills necessary to safely enjoy this dynamic surf environment. Course activities will focus on the practical skills for tidal race paddling. Well-developed skills such as a strong forward stroke, effective bracing, maneuvering in waves and current, rescue skills including rolling and towing are necessary. Activities will include sessions of boat control, core strength and flexibility, proper use of stern rudders and carving and edging. In the evening, daily video analysis will be used to discuss and correct technique. Please note we head out when Skookumchuck is running at moderate current speeds to ensure a positive classroom environment.

## Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Surfing Skookumchuck Course – please review
  - ❑ SKILS Waiver – please sign with your instructor at the beginning of the program
  - ❑ SKILS Medical Form – please bring a completed copy to your program
  - ❑ Policy and Procedures Document – please review

# Program Logistics

## Program Prerequisites

Paddle Canada Level-3 Skills certification or equivalent skill and knowledge. Participants need to have a well-developed roll that can be relied on in dynamic waters. Previous kayak surfing experience is strongly recommended.

## Who Should Take This Course

This course is designed for:

- Intermediate to advanced kayakers looking for specific training on tidal race surfing; and,
- Kayakers looking to increase their boat handling skills in dynamic water.

## Class Size

The minimum group size for this program is 3 participants, while the maximum group size is 6. Our small group sizes help to ensure a rich learning environment with many opportunities for one to one coaching and feedback.



## Registration

To register for this program please contact the SKILS office at [info@skils.ca](mailto:info@skils.ca). A \$200 deposit is required to secure your spot with the balance of the program cost due 30 days before the start of the program. Payment can be made by interact, cheque, money order, or cash. No refunds will be issued within 30 days of the course starts. Please review the SKILS Policy and Procedures document.

## Accommodation and Meals

We will use the Backeddy Campground (<http://backeddy.ca>) as our home base for the duration of this program. It is recommended that participants stay at the Backeddy Campground on the evening prior to the program as the course starts at 8:30 on the first day. Camping fees for the night before and during the course will be covered in your course fees. You are responsible for your own food and kitchen equipment, as well as your own camping gear. Please note that the campsites are exposed to wind and rain; please bring appropriate camping equipment to be comfortable for your stay.

## Suggested Gear List

- ❑ Sea Kayak
- ❑ PFD with whistle and knife
- ❑ Paddle and spare paddle
- ❑ Sprayskirt
- ❑ Pump
- ❑ Helmet
- ❑ Tow line and other safety gear
- ❑ 15 m buoyant heaving line
- ❑ Immersion clothing
- ❑ Personal camping equipment
- ❑ Tarp
- ❑ VHF Radio
- ❑ Meals and water
- ❑ Program paperwork

## Course Outline

The course starts at 8:30 on the first day, and will finish at 18:30 on the last.

	Day 1	Day 2
<b>Morning</b>	Theory: Currents and tide calculations, IRP's, strokes and rescues.	On land strokes review and video analysis
<b>Afternoon</b>	Paddling in conditions, rescues, surfing	Surfing
<b>Evening</b>	Video Analysis	Travel



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us at [info@skils.ca](mailto:info@skils.ca). We look forward to playing with you on the water!