

Course in Currents for Advanced Paddlers

Learn the skills and strategies for dealing with very strong and challenging currents. We start by refreshing paddling skills and reviewing theory. We then head out to play in the currents and build confidence as the currents increase. Currents are up to 10 knots and participants have a safety veto to ensure everybody feels comfortable. This is a great class to build rough water skills and broaden knowledge in moving waters. This intensive course is not for the faint of heart.

This course is suitable for those with advanced kayaking experience or those who have an extensive amount of kayaking experience and want to push their limits. The ratio is 1 instructor per 3 participants. The high teacher to student ratio ensures a rich learning environment. SKILS provides at least 2 instructors per course. A minimum of 3 participants is required to run the course.

Requirements

All candidates must:

- Have a very good roll
- Feel comfortable in challenging waters
- Be able to swim for 50 metres
- Feel comfortable upside down
- Be in excellent shape with no medical conditions

Course Contents

- Reading and understanding moving waters
- Crossing strategies
- Predicting time, speed, and direction of currents
- Navigating through currents
- Assessing and avoiding hazards
- Practicing paddling techniques for dealing with eddy lines, surf waves, eddies, boils and whirlpools
- Assisted rescues in currents
- Self-rescues in currents

Meeting Time and Location

On the first day, participants will meet at Discovery Lodge at 9:00am.

Accommodation

SKILS provides accommodation at Discovery Lodge for the two nights of the course.

What to Bring

Bring your sleeping bag and headlamp. Participants are responsible for all meals during the program. For more information about the lodge click on www.Discovery-Islands-Lodge.com

How to Get There

When you arrive on the ferry from Campbell River, follow traffic and signs to Heriot Bay (about 8 km). Just opposite the fire hall, turn left onto Cramer Road and go "straight" 22 kilometers (14 miles) all the way to Discovery Islands Lodge. The winding, paved road will change to gravel and also change names as you drive along: Cramer becomes Hyacinthe Bay Road, which becomes Surge Narrows Road. You will be driving through Quadra Island's wilderness. The road ends near Discovery Islands Lodge, where you will see our sign and parking area. Allow 1/2 hour driving time from Heriot Bay. Please be careful driving the Surge Narrows Road! It is a wonderfully scenic drive, but the road is narrow and many corners have poor visibility. The road is well maintained and fine for 2 wheel drive vehicles. Just take it easy and watch out for oncoming traffic.

The Weather

The weather is variable at all times on the Coast; over the 3 days we can expect sun, rain, and wind in varying amounts. Please come prepared. You will also spend a good deal of time in the water during rescue practice and scenarios. The water temperature varies from 6°Celsius to 15°Celsius. Bring lots of clothing and immersion gear.

Meals

You are responsible for all meals during the program. Participants are encouraged to bring extra snacks to fill in the holes and satisfy personal tastes.

Equipment

The course fee does not include immersion clothing, personal equipment, or a kayak.

You will need:

- kayak
- PFD
- Paddle
- Pump
- 15 meter buoyancy heaving device
- Tow line
- Spray skirt
- Whistle
- Immersion clothing (for extended periods of time)
- Gear and equipment necessary for a day trip

Payment

A deposit of 50% is required to secure your spot. No refunds will be issued within 30 days before the start of the program. The balance is due 30 days before the start of the program.

To Register

Registration is handled through SKILS. Our e-mail is info@skills.ca. Please remember that we work on Pacific Standard Time. Payment is by cheque or cash and can be mailed directly to our office at Box 727 Ucluelet, BC V0R 3A0.

Evacuation Policy

Occasionally, we will need to evacuate a participant from the program due to health or behavioral concerns; in this event, you are responsible for all costs associated with the evacuation. Depending on the urgency of the situation, we will either arrange for transportation through local resources or through the Canadian Coast Guard. Travel and personal insurance is always recommended.

Changes to Itinerary

At our discretion, based on the conditions and the group, we may have to modify our itinerary. Every reasonable attempt will be made to meet the program

objectives; any changes in itinerary and objectives will be discussed with the group.

If you have additional questions or concerns, please contact us. Until then, see you on the water.

The folks at SKILS