



Program Information Package

Playing in Rock Gardens Ucluelet



Program Description

Congratulations on registering to participate in our Rock Garden Course. Rock garden paddling is one of the most challenging and rewarding aspects of sea kayaking. In this two-day program our experienced instructors will guide you through risk management and skill development with the goal of developing the skill you need to play confidently in rock gardens.

Paperwork Checklist

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

- ✓ Rock Garden Course Information Package – 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

Objectives and Expectations

Objective

Whether you are new to playing near the rocks or an experienced paddler our courses will challenge your experience and training. Focusing on: risk management, boat control, reading

water and rescues, our courses aim to give you the skills to play safely and confidently in Rock Gardens. We will be doing video analysis in the evenings.

Expectations

Candidates for this course must demonstrate strong technical, tactical, mental, and physical skills in Class 3-4 waters.

Technical

- Handle their boat and recover from a capsize in currents, surf, moderate seas and strong winds.

Tactical

- Route plan on the open coast.
- Demonstrate situational awareness in a variety of challenging sea conditions.
- Make decisions in moderate and high consequence scenarios.

Mental

- Show resilience in the face of physical and psychological challenges.
- Show focus and attention in moderate and rough waters.
- Lead and follow within a peer group in Class 4 waters.
- Integrate technical and tactical skills.

Physical

- Demonstrate power and acceleration in moderate seas and strong currents.
- Demonstrate endurance appropriate to open coastal touring.
- Show balance and recovery in moderate and rough waters.
- Coordinate technical skills in complex paddling conditions.



Logistics

Prerequisites

Participants of this course should have extensive previous sea kayaking experience, including overnight trips in Class 3 waters, rolling training, assisted and self-rescue practice and experience towing. If you are unsure of your ability to take this course, please call us to discuss your concerns prior to registering.

Class Size

A minimum of 3 candidates is required to run this program while the maximum group size we adhere to is 6. The limited class size helps to ensure a rich learning environment with many opportunities for one-on-one coaching and feedback.

Meals

Students are responsible for their own meals and snacks for the duration of the program.

Our Classroom

The necessary environment we are looking for is open coast with infrequent and sometimes difficult or impossible landing options. The coastline of Ucluelet offers us this with a rugged outer coast of reefs and small islands interspersed with a few beaches; this is ideal for learning to play in rock gardens.

What You Are Responsible For

You are responsible for all travel and accommodation and paddling gear. You are also responsible for accommodation before and after the course. White water helmets are mandatory for this course, and dry suits are strongly recommended. If you need to rent equipment, contact our office at info@skills.ca.

Gear List Required

- ❑ Touring kayak appropriate to rock garden. Plastic kayaks are recommended.
- ❑ Immersion gear
- ❑ PFD with whistle and knife
- ❑ Paddle and spare
- ❑ Skirt
- ❑ Pump
- ❑ Helmet
- ❑ Tow line and other safety gear
- ❑ 15 m buoyant heaving line
- ❑ Immersion clothing
- ❑ VHF Radio
- ❑ Snacks and water bottle
- ❑ Program paperwork
- ❑ Repair kit for kayak

Course Outline

Given the skills and experience the candidates, the requirements of the course, and the elements we will be playing in, your instructors will strive to take advantage of any and all learning opportunities as they arise. We will alter the course to provide candidates with as rich, unique, and rewarding experience as possible.



Thank you for enrolling in our rock garden paddling program. If you have additional questions or concerns, please contact us at info@skills.ca. We look forward to playing on the water with you!