



Program Information

Intermediate 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. We have developed a unique 3-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 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 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

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. You need to roll your kayak in dynamic waters with a success rate of 75%.
- Substantial kayak surfing and currents experience is strongly recommended.
- Sufficient paddling endurance prior to the course is required.

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.
- Kayakers wanting to develop comprehensive plans for park and play long boating.
- People that wish to have way too much fun.



Class Size

The minimum group size for this program is 3 participants, while the maximum group size is 6 participants. We use a ratio of 1 instructor for 3 participants. Our small group sizes help to ensure a rich learning environment with many opportunities for one to one coaching and feedback.

Accommodation

We will use the Strongwater Camping and Cabins Resort (<http://www.strongwatercampingandcabins.com/>) as our home base for the duration of this program. It is recommended that participants stay at the Strongwater Camping and Cabins Resort on the evening prior to the program. SKILS already paid for campsites for all participants for the night prior to the program starts date and the 2 following nights. You are responsible for your own accommodation after the course. If you wish to upgrade to a cabin, this is solely at your own expenses. If you are renting a cabin, please inform our office and contact Strongwater Camping and Cabins Resort directly to make your reservation.

Meals

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. A quick and hearty breakfast is recommended. Students often find that instead of having a formal lunch break during the program they favor to fuel on multiple courses of nutritious snacks throughout the tidal cycle. Please be mindful that we will tentatively be meeting for video analysis in the evening on Day 1 and 2 of the course.

Suggested Gear List

Following is a list of gear we recommend you have for this program. Please be sure you bring enough gear and food to keep yourself comfortable and well fueled for the duration of the program. If you have any questions regarding which gear is appropriate for rough water play please contact us.

- Sea Kayak **appropriate for rough water play**
- PFD with whistle and knife
- Paddle and spare paddle
- Spray skirt **appropriate for rough water play**
- Pump
- Helmet
- Towline and other safety gear
- 15m buoyant heaving line
- Immersion clothing
- Personal camping equipment
- Tarp
- VHF Radio
- Meals and water
- Program paperwork
- Camp chair or seat cushion
- GoPro or personal camera for video analysis
- Rain gear



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us. We look forward to playing on the water with you!