

Edging & Bracing

Course Overview

Edging and bracing are essential kayaking skills that help with stability, control, and maneuverability in moving water. We explore all the strokes taught in the Intro to Kayaking course, while edging our kayaks.

Edging will help you make tighter turns, prevent the current from flipping you and enhance boat control in rapids.

Bracing is a technique to prevent capsizing when you lose balance. It involves using the paddle to push against the water and regain stability. Use bracing to recover from sudden tilts, maintain stability in waves and currents, and stay upright while surfing or carving turns.

We end with a lecture on weather and sea state that is required when planning short excursions.

Course Length:

2 hours

This course runs in Class-1 conditions around the Comox Valley, which are described as:

- Non-challenging waters with mild wind effect (0-20 km/h or 0–11 knots)
- Little or no current (0-1 km/h or 0–0.5 knots)
- Uninterrupted easy landing options
- Ready access to land-based assistance
- Sea state is calm to light chop

Prerequisites

- Paddling Experience
- Intro to Kayaking rescues (in case of capsizing while edging this is preferred but not mandatory)

Paddling Skills

- How to put your kayak on edge while paddling (efficient paddling)
- Edge Turns
- Low and High Brace Strokes - to prevent capsizing
- And More

What We Provide

Participants will be provided with the following Transport Canada-required gear:

- Kayak
- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own lifejacket, we recommend bringing it for a better fit and increased comfort.

What to Wear

- Quick-dry clothing (avoid jeans or cotton); dress similarly to what you would wear for jogging or biking
- Appropriate clothing for weather conditions
- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)

What to Bring

- A light jacket (for cooler weather)
- A hat
- Sunscreen
- A water bottle
- A change of clothes and warm hat (leave them in your car for after class)

Where to Meet

Location: We will meet at Comox Valley Kayaks and launch from the boat ramp there.

Please arrive **10 to 15 minutes early** to allow time for parking and to complete a liability waiver.

Contact Information

For further questions, please email: lessonstours@comoxvalleykayaks.com
For urgent inquiries, please call or text **Viki @ (306) 230-4030** (text preferred).

We look forward to seeing you on the water!