

Teen Paddle Canada Basic Camp

Course Overview

Get ready for a wonderful week on the water! This camp is all about building confidence and skills for paddling in calm, sheltered waters. You'll learn the essentials of sea kayaking while exploring, making new friends, and gaining the confidence to paddle safely with your peers. By the end of the week, you'll earn your Paddle Canada Basic Sea Kayak Skills certification—the first step in an amazing kayaking journey!

Course Length: 8 hours of instruction (over three days)

This course runs in Class-0 conditions which are described as:

- Non-challenging, protected waters
- Limited wind effect
- Little or no current
- Wind and sea state is calm to rippled (<15km/h or 8 knots)
- Easy landing and ready access to land-based assistance

Ages: 13-16

Prerequisites: none

Paddling Skills

- Lifting and carrying a kayak
- Launching and landing
- Emptying the kayak
- Forward and reverse strokes
- Stopping
- Forward and reverse sweep strokes
- Pivots
- Draw stroke
- Low brace
- Edging

Re-entry Skills

- Wet exit
- Assisted re-entries

Knowledge

- Kayak part names and outfitting

- Paddling and safety equipment
- Injury prevention
- Sun sense
- Transport Canada collision regulations
- Navigation
- Risk assessment and mitigation
- Impact of kayakers on the environment

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 life jacket, 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)
- For the rescue portion, wearing clothing will make the experience more realistic. However, if you need to borrow a wetsuit for the rescue portion, please scroll down to contact us—availability of sizes may be limited.

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!