

## **Kayak Rescue - Maple Lake**

### **Course Overview**

We learn how to fall out of our boat and help each other get back in. While some people may feel a bit nervous about this class, rescues can be really fun. A kayak rescue class teaches essential skills to help paddlers stay safe and respond effectively in case of a capsize. Participants will learn a variety of self-rescue and assisted rescue techniques, such as the wet exit, re-entry methods, T-rescues, and paddle float rescues. The class also covers important safety considerations like communication, risk management, and how to assist others in different water conditions. Whether you're new to kayaking or looking to build confidence on the water, this hands-on course will give you the skills to handle unexpected situations with ease.

### **Course Length and Location:**

- 2.5 hours of instruction.
- This course runs in a calm, small lake - Maple Lake.

**Prerequisite:** None.

### **Course Topics**

#### **Re-entry Skills**

- Wet exits
- Tandem rescues
- Solo Rescues (time permitting)

#### **Knowledge**

- How to use your paddling equipment for safety
- Communication
- Kayaking community and resources

### **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.
- 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.
- 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)
- Optional: nose plugs and/or goggles

### **What to Bring**

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

### **Where to Meet**

**Meeting Instructions:** When you arrive at Maple Lake you can park in the parking lot. Arrive early as the lot can fill quickly. Make sure you have directions downloaded ahead of time because service is not great in this area. You will see a trailer of canoes—that's us! There are no change rooms or washrooms available.

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

### **Upon Completion of the Course**

Upon successfully completing the course, students will gain greater confidence in their paddling skills, as they'll be able to assist themselves and others during on-water incidents.

### **Contact Information**

For further questions, please email: [lessonstours@comoxvalleykayaks.com](mailto: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!