

## **Women on the Water**

This four-session course is perfect for beginners or anyone looking to build confidence on the water! Learn essential kayaking strokes, practice rescues, and gain trip-planning basics like navigation, weather, and tidal charts—all in a supportive and encouraging environment.

### **Course Overview**

**Course Length:** 8 hours (Four 2 hour sessions)

### **Course Topics**

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

- Unassisted re-entry
- Assisted re-entry
- All-in re-entry
- Bow rescue
- Re-entry exercises or scenarios
- Introduction to rolling
- Towing

#### **Paddling Skills**

- Launching and landing
- Forward stroke
- Turning strokes
- Sweep strokes
- Low and high brace turns
- Bow rudders
- Low and high brace
- Draws
- Draw stroke
- Sculling draw
- Hanging draw
- Stern draw and stern pry
- Paddling in rough water

#### **Knowledge**

- Equipment
- Introduction to tides and currents
- Wilderness navigation techniques and chart/map work
- Navigation techniques
- Nautical charts and topographic maps

- Other navigation tools or activities
- Weather interpretation and basic forecasting
- Heat/cold issues
- Emergency overnight
- Leadership and decision making
- Risk assessment, incident management and evacuation options
- Kayak knots and rope work
- Transport Canada collision regulations

## **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.
- 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 layers 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 your course)

**Locations:** will vary throughout the course depending on the conditions, to ensure participants are exposed to a variety of conditions.

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

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

Upon successful completion of the course, students will be able to confidently paddle in Class-2 conditions in the company of one or more paddlers with similar skills and knowledge.

### **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!