

Kayak Rescue - Pool

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 Overview

Course Length:

1.5 hours

Prerequisites: 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 layers for weather conditions
- Water shoes or sandals that secure to your feet and provide traction (flip-flops are not recommended)
- Optional: nose plugs and/or goggles

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 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
For urgent inquiries, please call or text **Viki @ (306) 230-4030** (text preferred).

We look forward to seeing you on the water!