

Paddle Newfoundland and Labrador

Kayak Basic Skills - 2025

Location:

Pool Session: Mews Community Centre, Mundy Pond Road, St. John's

Pond Session: Rotary Sunshine Park, May 28st (6:30 pm – 9:00 pm)

Rotary Sunshine Camp, May 30th (6:30 pm - 9 pm) (Lectures)

Rotary Sunshine Camp, May 31st (9 am - 5 pm) (on the Pond)

Course Fees Includes:

Paddle Canada Program Overview, Paddle Canada certification. Kayak, PFD, thermal protection and paddles are provided for the duration of the course. If you have your own please bring it along but not necessary.

Certification Available:

Paddle Canada Kayak Basic Skills

Prerequisites:

No previous Kayaking experience necessary but good swimming ability/confidence is highly recommended.

Group Size:

Maximum of 20 (i.e., 6 Kayaks per instructor) – as set forth by Paddle Canada. This small group size will provide ample opportunity for one-to-one instructor/student interaction.

Course Length and Structure:

Kayak Basic Skills is an 8-hour course including a pool session that will focus on safety and skill development. The course will utilize on-land lectures, pool session rescue clinic and on-water skill development.

COURSE OBJECTIVE(S)

Kayak Basic Skills is the starting point for individuals seeking to learn the art of Kayaking.

There is a strong emphasis on water safety, equipment use/care, Kayaking fundamentals and skill

development. The candidate will learn the theory and skills necessary for paddling close to shore in a calm ocean environment (Wind calm < 8 knots & sea state calm to rippled).

The course includes: demonstrated assisted rescue techniques, basic equipment care and knowledge, and basic forward and turning skill development.

Theory Items: Candidates will be introduced to the following theory items:

- ✓ Parts of a Kayak, design and performance
- ✓ Parts of Paddle, design and selection
- ✓ Water/Wind/Waves/Weather (concerns, hazards and risk)
- ✓ Hypothermia and Hyperthermia
- ✓ Transport Canada Regulations
- ✓ Basic Whistle Signals

Pool Session:

Safety

- ✓ Enter and exit a Kayak (from a dock)
- ✓ Wet Exit
- ✓ Experiencing Kayak Stability
- ✓ Exit and enter Kayak from the water
- ✓ Assisted Rescues
- ✓ Retrieving a swamped Kayak

Pond Session

Safety

- ✓ Lifts and carries
- ✓ Enter and exit a Kayak (from shore)

Skills

Strokes

- ❖ Draw
- ❖ Sweep
- ❖ Forward & Reverse

Maneuvers

- Pivots
- Sideways Displacement
- Forward & Reverse Straight Line
- Low Brace
- Edging

Evaluation:

Course evaluation will be comprised of an 'on-going' skill assessment.

Participants will be evaluated not only on the completion of specific skills but also personal conduct, equipment care, and acquired Kayaking knowledge.

WHAT TO BRING TO:

Pool:

Kayaking is a water based activity, so be prepared to get wet at anytime. Not including items for personal comfort, participants should bring the following to the pool:

- Swimming attire and a towel.
- Waivers - At the registration session (Pool) prior to going to the pool, candidates will be asked to complete a waiver form which is provided to Paddle Canada for insurance purposes.

Note:

The Club will supply the Kayaks for the pool session so even if you own one you don't need to bring it to this session.

Pond:

1. Rain gear
2. Paddle (if you have your own or have access to one)
3. PFD (if you have your own or have access to one)
4. A wet-suit or dry-suit if you have one or can borrow one. Outfitters will be supplying us with a very limited number of sizes at no charge to you.
5. Bring a Lunch for Saturday as we do not want students leaving Rotary Park. A convenience store is located across the street if needed.
6. Snacks/Liquids – Sunglasses - Brimmed Hat/Bandana
7. Appropriate "wet" footwear (Rubbers, Neoprene Socks, or Old Sneakers)
8. Towel.