



Introductory Sea Kayak Skills Weekend 2009

Dates: June 20th – 21st, 2009

Location: North River Kayak Tours, St. Ann's Bay (Cape Breton)

Cost: \$299.00 + HST (includes tent site, equipment, meals, instruction and certification fee's)

The 2-day Introductory Sea Kayak Skills Weekend offers intensive practical and theoretical skills training including the following:

SKILLS – Lift and Carry, Launches, Landings, Forward Paddling, Stopping, Reverse Paddling, Turning, Moving Sideways, Supporting and Recovery Strokes, Stern Rudder and numerous Strokes including: Draw Low Brace High Brace Forward Stroke Forward Sweep Reverse Sweep Reverse Stroke Sculling Draw

THEORY – Equipment, Journeying and Seamanship, Safety, Weather Conditions, Kayaking Resources

SAFETY – Eskimo Rescue, Deep Water Rescue, Self Rescue, Towing, Communication

This weekend course will follow the curriculum of the Paddle Canada Level 1 Skills course and certification tests will be offered (at no additional fee) for those interested in attaining certification with the national canoe and kayak association. Additional courses will be offered in the future with a prerequisite of Paddle Canada Level 1 certification.

Participants are strongly encouraged to use their own gear and equipment on the course however it will be provided should this not be possible. North River Kayak Tours offers a full line of retail including kayaks, paddles, PFD's, spray skirts, pumps etc

Meals provided – Saturday lunch and supper, Sunday breakfast and lunch, snacks and light refreshments for the weekend. Participants are expected to provide their own camping gear. Rentals are available if needed.



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REGISTRATION FORM

Please complete the following Registration Form and forward 50% deposit (\$168.94) to confirm your space on the course. Balance due two weeks prior to course commencement.

Date of Course: June 20 -21st 2009

Name: _____

Full Mailing Address: _____

E-Mail Address: _____

Daytime phone: _____ Evening phone: _____

Fax: _____ Dietary Restrictions: _____

Paddling Experience: Beginner Novice Experienced

Equipment rental is included in the registration fee, however participants who do have their own equipment are strongly encouraged to bring and use their gear. Please indicate with a check mark what gear you will require:

Kayak Paddle Spray Skirt Life Jacket

Pump Throw line Paddle Float Whistle

Should you require a kayak from NRK Tours please provide the following details:

Height _____ Weight _____

Method of Payment:

Cash Cheque Visa Mastercard

Card Number and Expiry Date: _____

Card Holder's Name: _____

Signature: _____

***Please note:** All participants will be forwarded a Waiver & Liability Form to be completed and returned prior to commencement of the course.*

***Cancellation Policy:** Full refund will be provided with more than 30 days notice of cancellation. 31 - 0 days prior to departure/course date - no refund.*