



Program Information Package

Courses in Currents (for Beginner to Intermediate Paddlers)

Program Description

Learn the skills and strategies for dealing with currents, tidal races and over falls. We begin by refreshing paddling skills and reviewing theory. We then head out to play in the currents, building confidence as the currents increase.

This is a great class to start building rough water skills and broaden knowledge of the sea.

This course is suitable for those with basic kayaking experience or those who have been kayaking a while and want to advance their skills. It is desirable, but not a requirement, to have attended a rolling course before attending this course. Candidates must feel comfortable in an upside down position. This is a great course to start building rough water skills and increase knowledge about moving water. To ensure a rich learning environment, the ratio is kept to 1 instructor per 4 participants.



Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Currents Program Document – please review
- SKILS Waiver – please sign with your instructor at the beginning of the program
- SKILS Medical Form – please bring a completed copy to your program

Program Logistics

Course Content

- Reading and understanding moving water
- Crossing strategies
- Predicting time, speed, and direction of currents
- Navigating through currents
- Assessing and avoiding hazards
- Practicing paddling techniques for dealing with eddy lines, eddies, boils and whirlpools
- Self rescues and assisted rescues



Meals

Participants are responsible for all meals. Be prepared to bring your meal with you in the kayaks. Snacks are recommended to fill in the hunger gaps between meals.

Accommodation and Transportation

Participants are responsible for all transportation and for all accommodation before, during, and after the program.

Equipment

Participants must provide their own equipment. Please bring the following equipment on the course.

- Kayak
- PFD
- Kayaking gear
- Paddle
- Spray skirt
- Pump
- Helmet
- Immersion clothing
- Meals and water



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us at info@skils.ca. We look forward to playing on the water with you!