



Program Information Package

Kayaking in Currents for Advanced Paddlers

Program Description

Learn the skills and strategies for dealing with very strong and challenging currents. We begin this program refreshing paddling skills and reviewing theory. We then head out to play in the current, building confidence as the current speed and strength increases. You can expect to encounter speeds up to 10 knots, however, each participant will have the option to bow out when the conditions push them beyond their comfort zone. Challenge by choice! Our instructor team will work to ensure that everyone feels as comfortable as possible in this potentially intimidating environment.



This is a great class to build rough water skills and broaden knowledge in moving waters, yet it is not for the faint of heart. The program content is most suitable for those with intermediate to advanced kayaking experience or those who have an extensive amount of kayaking experience and want to push their limits.

Paperwork Checklist

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

- ✓ Kayaking in Currents for Advanced Paddlers Information Package – 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

Prerequisites

Previous paddling experience in currents including comfort crossing eddy lines is essential for success in this program. The ability to roll reliably is nice but not a requirement. Additionally, all candidates must:

- Feel comfortable in challenging waters
- Be able to swim 50 metres
- Feel comfortable upside down
- Be in excellent physical condition with no medical conditions

Location & How to Get There

This program will be based out of the Discovery Island Lodge on Quadra Island. The cost of your two nights of accommodation at the Lodge is included in the course fees. We also paid for you to stay the night before the course at Discovery Island Lodge on Quadra Island for a total of 3 nights of accommodation. For more information about the lodge click on www.Discovery-Islands-Lodge.com.

To get to the Discovery Island Lodge you will need to take the Ferry from Campbell River to Quadra Island. When you arrive on Quadra Island, follow the signs (as well as most of the traffic) to Heriot Bay (about 8 km). Just opposite the fire hall, turn left onto Cramer Road and go “straight” 22 kilometers all the way to Discovery Islands Lodge. The winding, paved road will change to gravel and also change names as you drive along: Cramer becomes Hyacinthe Bay Road, which becomes Surge Narrows Road. You will be driving through Quadra Island’s wilderness. The road ends near Discovery Islands Lodge, where you will see our sign and parking area. Allow 1/2 hour driving time from Heriot Bay. Please be careful driving the Surge Narrows Road! It is a wonderfully scenic drive, but the road is narrow and many corners have poor visibility. The road is well maintained and fine for 2 wheel drive vehicles. Just take it easy and watch out for oncoming traffic. This link provides tips on how to use the lodge: <https://discovery-islands-lodge.com/accommodation/>

Meals

Participants are responsible for their own meals and snacks for the duration of the program. You are encouraged to bring extra snacks to fill in the holes and satisfy personal tastes. Staying at the Discovery Island Lodge you will have access to a full kitchen for preparing meals. You will be sharing a kitchen so please make sure your meals are very efficient to cook and prepare. The lodge also has a barbecue, fridge and freezer. Bring a hard-shell cooler or a large plastic Tupperware with a lid to secure your food from possible mice.



What You Are Responsible For

Bring your sleeping bag and headlamp. Participants are responsible for all meals during the program. We recommend bringing a pair of clean indoor shoes or slippers for the lodge. The lodge has showers and a sauna. We recommend bringing a bathing suit.

Required Gear List

- ❑ Sea kayak appropriate for playing in current. Shorter plastic kayaks are recommended.
- ❑ PFD with whistle and knife
- ❑ Paddle and spare paddle
- ❑ Spray skirt
- ❑ Pump
- ❑ Tow line
- ❑ White water helmet
- ❑ Immersion clothing
- ❑ Snacks and water bottle
- ❑ Program paperwork
- ❑ Repair kit for kayak
- ❑ Gear necessary for a day trip

Your Instructors

SKILS staff members are industry leaders and professionals with extensive guiding and instructional experience and certification. For profiles on each of our staff members, please visit our website at www.skils.ca.

Course Content

We will meet at the Discovery Lodge on Quadra Island at 8:30 am on the first morning. The last day of the course, we will end the day at 1630. Course content over the subsequent three days will include:

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



Rentals

You can rent a kayak and kayaking equipment by contacting directly Discovery Island Lodge (<https://discovery-islands-lodge.com>)

If you would like to rent immersion gear, please make your reservation at least 7 days before the course starts using this link <https://skils.ca/rentals/>



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!

