



Program Information Package

Kayak Surfing



Program Description

A kayak surfing course is the best way for sea kayakers to build the skills needed to launch and land in waves, explore exposed coast or just have lots of fun. Playing in surf makes a safer and more confident paddler. Kayak surfing is an exciting and addictive activity.

This course is suitable for those who have 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.

Paperwork Checklist

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

- ✓ Kayak Surfing 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
- ☐ Policy and Procedures Document – please review

Program Logistics

The course starts with a morning session on paddling techniques followed by an afternoon at a surfing beach. The remainder of the course will focus on surfing with additional theoretical instruction. The theoretical components include but are not limited to beachology, wave selection, surf forecasting, and control in surf, efficient surfing strokes, and safety rules in surf, surf etiquette, strategies for surf landing and surf launching and hazards.

The maximum instructor to student ratio is 1:4. Our low instructor to student ratio ensures a rich learning environment with many opportunities for one to one coaching and feedback.

If you are unsure of your ability to take this course, please email us to discuss your concerns.

Accommodation and Transportation

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

What You are Responsible For

- Food*
- Kayak**
- Helmet
- Extra warm clothing
- Pen and paper
- Tuque
- Immersion gear
- Tow line
- Sprayskirt
- Paddle
- Pump
- Sunglasses
- Sunscreen

* 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.

**Either a sea kayak or a river kayak is acceptable for this course.



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!