

2018 Kayak Pool Clinics – Safety & Rescue

For safety reasons, all participants in club paddling activities are required to have completed a lesson which included a wet exit and rescue. For extended trips, a practice or lesson must have been completed during the current year. All paddlers are encouraged to learn rescue skills and practice on a regular basis – you never know when you or someone else may need them!

Safety and Rescue Skills



is a two hour session beginning with a discussion of safety gear, what you really need, what you don't, and what's fun to have!

Wet exit, assisted rescue, self rescue with a paddle float, scramble self rescue, and the Eskimo bow rescue if time permits.

Boats and all gear provided for all clinics, cost included, but it is

recommended that you use your own boat if suitable. The club hires Paddle Canada certified instructors from Ontario Sea Kayak Center.

Here are the 2018 dates:

1. Sunday, - April 29th – 10AM – 12 Noon – Angela Coughlan Pool, Upper Middle Rd, Burlington
2. Sunday, May 6th - 3:30pm - 5:30 pm - Aldershot Pool, Fairwood Pl. W., Burlington

Cost is \$120, taxes included. **All booking to be made online through our website:**

Find April 29 or May 6 on the [Events Calendar](#) on the club website. Open the event and register there.

Cancellation must be made 7 days ahead of the date. A wait list will be established for both dates, so if you don't get a spot at first, be sure to sign up for the wait list.

Any questions, don't hesitate to call or email me: paddling@haltonoutdoorclub.ca

Keep in mind that class size is limited so these clinics will fill very quickly. Book early to avoid disappointment!

Dorothy Rideough
Paddling Coordinator