

## Paddling Schedule 2019

**Please note: you must register ONLINE FOR ALL TRIPS. Some events are very popular and fill up quickly. You can email the trip leader for more details but registrations must be made online. Registration for day trips will open the month before the date of the trip. Lessons must also be booked online. For skill levels, please read the "Fine Print for Paddling Activities that follows the schedule.**

Date	Level	Trip leader	Description
May 5 Sunday	Guelph Lake A-2	Dorothy Rideough rideoughd@gmail.com	Easy day Paddle on Guelph Lake—wetsuits or dry suits are recommended. Bring a lunch. No rentals on site.
May 11 Saturday	Big Creek A-1	Shelley Hughes shellhugs@rogers.com	Easy day paddle on Big Creek (near Port Rowan). **Rentals will be available**.
May 19 Sunday	Grand River A-2	Dorothy Rideough rideoughd@gmail.com	Day paddle down the Grand, Newport Bridge to Caledonia, with shuttle. This is a full day paddle about 5 hours paddling time.
May 20 Monday	Cootes Paradise A-1	Donna Barber donna.barber@sympatico.ca	Easy half day paddle on Cootes Paradise Details to be advised by leader.
May 26 Sunday	Belwood A-1	Sandy Nay <a href="mailto:snay1@bell.net">snay1@bell.net</a>	Easy day paddle at Belwood Lake.
June 8 Saturday	Toronto Islands Kayak B-2	Ralph Gardave <a href="mailto:gardave@sympatico.ca">gardave@sympatico.ca</a> Heather McClintock <a href="mailto:adventurelife4212@gmail.com">adventurelife4212@gmail.com</a>	Joint day paddle for HOC and GLSKA paddlers. Explore the Toronto Islands before the heavy traffic season starts and get to know some other paddlers. Dry suits or wet suits recommended. No rentals.
June 15-16 Saturday Sunday	Lessons & Fun at Guelph Lake Instructional	Dorothy Rideough rideoughd@gmail.com	Lessons for everyone—basic beginner, safety & rescue, advanced skills, towing, rolling, you name it! All lessons are half day in length. All boats and gear provided or use your own if suited. See website calendar for details on registration.
June 18-24 Tues-Sat	Pelee Island	Paul & Peggy Humber ph48chief@gmail.com	A week of car camping, paddling Pelee Island and Point Pelee.
June 23 Sunday	Island Lake A-1	Dorothy Rideough rideoughd@gmail.com	Easy half day paddle on the lake as part of the club picnic day!
June 21-24 Fri-Mon	Silent Lake A-1	Kevin Jeffrey kjeffery@ca.ibm.com	Extended weekend of car camping at Silent Lake. Contact trip leader for details
June 30 Sunday	Christie Lake A-1	Judy Dragun cleojade001@yahoo.ca	Easy day paddle on Christie Lake and exploring the creek.
July 5-7 Fri-Sun	Frontenac	Sandy Nay snay1@bell.net	Car camping weekend.
July 6 Saturday	Bala A-2	Dorothy Rideough rideoughd@gmail.com	Beginner paddle for those who just took our lesson! Easy day paddle on Lake Muskoka with <b>rentals available.</b>
July 11-15 Thurs-Mon	Cathcart Island	Donna Barber donna.barber@sympatico.ca	Wilderness camping
July 18 – 22 Thurs - Mon	Benjamin Islands B-2	Dorothy Rideough rideoughd@gmail.com	Wilderness Camping in the North Channel
July 20-27 Sat-Sat	Temagami B-2	Jim Clewlow <a href="mailto:jumpinjim7@msn.com">jumpinjim7@msn.com</a>	Week long wilderness camping.

July 20-22 Sat-Mon	Massassauga A-1	Jim McConachie <a href="mailto:mcconachie.jim@gmail.com">mcconachie.jim@gmail.com</a>	A semi wilderness camping weekend in Massassauga Provincial Park, a water access only park on Georgian Bay. A perfect introduction to kayak camping with our highly regarded gourmet camp chef! <b>Novice wilderness campers only!</b>
July 27- Aug 1 <sup>st</sup> Sat-Thurs	Whalesback B-2	Donna Barber <a href="mailto:donna.barber@sympatico.ca">donna.barber@sympatico.ca</a>	Wilderness camping in the North Channel - Guided
July 27 Saturday	Waubaushene A-1	Dorothy Rideough <a href="mailto:rideoughd@gmail.com">rideoughd@gmail.com</a>	Another easy day paddle for new paddlers with rentals available.
Aug 3-18	New Brunswick & Nova Scotia	Dorothy Rideough <a href="mailto:rideoughd@gmail.com">rideoughd@gmail.com</a>	Join me on my annual trip home! Two weeks of car camping (or choose your own accommodation) and paddling and maybe some cycling and hiking too!
Aug 16-18 Fri-Sun	Cameron/Cypress Lake B-1	Sandy Nay <a href="mailto:snay1@bell.net">snay1@bell.net</a>	Car camping & day paddles
Aug 24 Saturday	Muskoka B-2	Dorothy Rideough <a href="mailto:rideoughd@gmail.com">rideoughd@gmail.com</a>	Day paddle out on Lake Muskoka. Rentals available
Aug 22-25 Thurs-Sun	Minks & McCoys B-2	Pauline Kiczula <a href="mailto:pekiczula@hotmail.com">pekiczula@hotmail.com</a>	Wilderness camping on the Minks & McCoy Islands
Aug 29 – Sept 1 Thurs-Sun	Phillip Edward Island B-2	Judy Dragun <a href="mailto:cleojade001@yahoo.ca">cleojade001@yahoo.ca</a> Debbie Leishman <a href="mailto:dleishn606@rogers.com">dleishn606@rogers.com</a>	Wilderness camping on Phillip Edward Island near Killarney
Sept 6-9 Fri-Mon	Franklin/Snake Island	Dorothy Rideough <a href="mailto:rideoughd@gmail.com">rideoughd@gmail.com</a>	Wilderness camping on Georgian Bay
Sept 14 Saturday	Toronto Islands Kayak B-2	Ralph Gardave <a href="mailto:gardave@sympatico.ca">gardave@sympatico.ca</a> Heather McClintock <a href="mailto:adventurelife4212@gmail.com">adventurelife4212@gmail.com</a>	Another opportunity to paddle around the Toronto Islands, just in case you missed it in June or didn't have the cold water gear!
Sept 15 Sunday	Lake Eugenia A-2	Sandy Nay <a href="mailto:snay1@bell.net">snay1@bell.net</a>	Easy day paddle on Lake Eugenia.
Sept 21 Sat	Black Creek	Paul Humber <a href="mailto:ph48chief@gmail.com">ph48chief@gmail.com</a>	Easy day paddle on Black Creek (near Welland)
Sept 22 Sunday	Lake Eugenia A-2	Sandy Nay <a href="mailto:snay1@bell.net">snay1@bell.net</a>	Easy day paddle on Lake Eugenia
Sept 21-23 Sat- Mon	TBA	Dorothy Rideough	Tentative weekend camping on Georgian Bay
Oct 6 Sunday	Season Ender Paddle Potluck Party	Dorothy Rideough <a href="mailto:rideoughd@gmail.com">rideoughd@gmail.com</a>	Meet at Lafortune Park in Caledonia, on the Grand River. Hoping for better weather than last year! But if needed, Oct 20 will be the rain date.

Watch the website for more paddles to be added as the season progresses! Casual paddles may also be posted on our Facebook page – contact Dorothy for access.

The Lessons in June will be added to the club website for registration – watch for details!

### Non-Club Events

#### Friday Social Paddle

Every Friday night starting in mid/late May, we will have a social paddle of approx 2 hours, mainly on Lake Ontario followed by a pub stop. Launch spot will be announced by email a couple of days prior and will rotate among various locations between Port Credit and Hamilton.

Rentals may be available for some paddles. At least one Friday night, possibly more, will be devoted to rescue practice. Email [rideoughd@gmail.com](mailto:rideoughd@gmail.com) to get on the email list!

May 31-June 2	Paddlepalooza kayak symposium, all levels, Parry Sound. Ontario Sea Kayak Center <a href="http://www.ontarioseakayakcentre.com/events/paddlepalooza-kayak-festival.html">www.ontarioseakayakcentre.com/events/paddlepalooza-kayak-festival.html</a>
June 7-9	Women on the Water – all women paddling! Wild Women Expeditions & OSKC <a href="http://www.ontarioseakayakcentre.com/events/women-on-the-water-festival.html">www.ontarioseakayakcentre.com/events/women-on-the-water-festival.html</a>

### **Fine Print for Paddling Activities**

**Club Rules Apply:** As with all club activities, trip leaders and organizers are unpaid volunteers. You are invited to join them but you do this at your own risk. Non-club members are required to sign the Club's release and waiver form in order to participate.

**Weather:** Most trips are rain or shine. Trip leaders may call off trips and/or change paddling route depending on wind and water conditions.

**Safety and Rescue:** All paddlers must **wear** a personal flotation device (PFD) while out on the water and be able to swim at least 50m with a PFD.

**Please note:** Anyone wishing to come on any kayak trips on open water must have done a wet exit with a skirt and a recovery, preferably recently! Paddlers are also encouraged to practice basic rescue techniques to help yourself and others. We offer frequent practice sessions at Kelso and during some paddles

**NB:** For all extended trips, participants must have attended a rescue session (or lesson) during the current year.

**Skill and Endurance Requirements:** The following is provided to assist coordinators and participants for our club sponsored kayak and canoe outings and are for the safety and enjoyment of everyone. *Skill Requirements* describes the paddling skills and seamanship required to safely handle situations that could be encountered during a trip. *Pace and Endurance* describes the strength, endurance and fitness level required to comfortably complete the trip.

#### **Pace and Endurance for Kayaking:**

- A Not Strenuous - Daily paddling typically less than 3 hours, with distances of 5 kilometers or less.
- B Moderately Strenuous - Daily paddling typically between 3 and 5 hours, with distances of 5 to 20 kilometers.
- C Strenuous - Daily paddling typically more than 5 hours, with distances of 20 kilometers or more.

#### **Skill Requirements for Kayaking**

- 0 Beginner – No experience required
- 1 Novice - Requires basic paddling skills, practiced wet exits. Expect protected waters, easy landings and shelter for resting.
- 2 Intermediate - Requires basic paddling skills including ability to brace, self-rescue, and participate in assisted rescue. Be comfortable in 1 meter waves. Mostly protected waters, some difficult landings, and some sheltered spots for resting.
- 3 Experienced - Requires advanced paddling, seamanship and rescue skills. Ability to handle waves greater than 1 meter. Expect exposed waters, open crossings, moderate to strong windsurf, fog and potentially difficult landings. Sheltered resting and landing spots could be few.

March 18, 2019