

## 2019 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.

If there is sufficient interest, the April 21<sup>st</sup> date may be geared more towards the more experienced paddler who wants to learn more advanced rescues or to try rolling.

Here are the 2019 dates:

1. Sunday, - April 7 – 7:30 – 9:30pm – QE Park Pool, Bridge Rd, Oakville
2. Sunday, April 14 - 7:30 – 9:30pm – QE Park Pool, Bridge Rd, Oakville
3. Sunday, April 21 - 7:30 – 9:30pm – QE Park Pool, Bridge Rd, Oakville

Registration will open March 17. Cost is \$120, taxes included. **All booking must be made online through our website.** Cancellation must be made by email to the club manager 7 days ahead of the session date. A wait list will be established for all dates, so if you don't get a spot at first, be sure to sign up for the wait list.

**Please note that we have moved the sessions to an Oakville pool this year due to not enough times available in Burlington.**

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