

## **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.