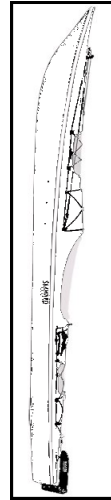




WATER EVENT Kayaking Skills Workshop



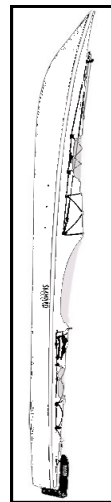
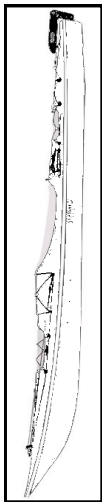
Description: This workshop offers the paddler an opportunity to learn and refine some of the most used safety braces, paddle strokes, and open-water rescue techniques. We will work on: the low-brace/high-brace, forward stroke refinement, reverse stroke, J-lean and edging, forward and reverse sweep strokes, kayak spin, bow and stern ruddering, draw stroke and the skulling draw. We will also learn the "T-X" assisted-rescue and the "cowboy/cowgirl" self-rescue and the paddle float self-rescue. Participants are asked to paddle float self-rescue. Participants are asked to dress for complete immersion and expect to enjoy your kayak as a pool toy for this course. Bring your boat and gear. With Tommy Thompson, *ACA Certified Level 4 Open Water Coastal Kayak Instructor, Guide, and Jill Lingard, ACA Level 2*



Location: Bird Park Beach, at the west end of Hwy 40, on the right.

Date: Friday October 25th

Time: 8:00 AM



AMERICAN CANOE ASSOCIATION

Kayak & Canoe Recreation

