

SISKA SPRING TRAINING 2020



All SISKA Members,

I know you agree that sea kayaking is a fantastic sport, and Vancouver Island is arguably the best place in the world to paddle! But...in order to enjoy this amazing experience along our ocean shores, each one of us must be well prepared every season to get out there (and back again!) safely.

So, in addition to our great lineup of off-water kayaking courses already well underway, we have organized, for members only, a terrific series of inexpensive on-water paddling workshops offered by our paddling skills partners and our own instructors - your chance to do some serious “Spring Training” for the warm weather paddling season just ahead! All workshops will launch from the beach at Gyro Park, Cadboro Bay, in Victoria.

Beginning in April, SISKA is sponsoring many specially designed workshops with Blue Dog Kayaking, Go Kayak, Ocean River Sports and SKILS, as well as Paddle Canada courses with SISKA instructors. We are delighted that our professional partners are providing their workshops to our members at a discount over their regular prices. The course fees listed are not subsidized by SISKA – our service partners are eager to work with you and have priced these special workshops accordingly! Altogether there are over 200 course/workshop spaces available over the next few months. Let’s use them all!

So...please look at the very reasonably priced workshops and courses listed, choose those that best meet your needs, and sign up online through SSKA right away to make sure you get what you want.

Last year's Spring Training program was very popular, and a number of courses were over-subscribed, so we expect these workshops and courses will fill up quickly!

The summary table has links to course details, and to our online sign-up and pay sites.

DON'T DELAY – SIGN UP NOW ...AND CLICK HERE FOR EVEN MORE...

Happy Paddling!

Day	Date	Hours	Time	Ratio	#	Title (click for details)	\$	Click to Sign Up	Operator	Lead
Saturday	April 4	2	9-11	1:6	6	Beginner – Re-entry	30	ST01	Go Kayak	Yves Aquin
Saturday	April 4	2	1-3	1:6	6	Beginner – Paddling Strokes	30	ST02	Go Kayak	Yves Aquin
Sunday	April 5	2	10-12	1:6	6	Beginner – Introduction to Braces	30	ST03	Go Kayak	Yves Aquin
Saturday	April 11	6	9-4	1:6	12	Paddlers Workshop	30	ST04	Blue Dog	Dave Nichols
Sunday	April 12	6	9-4	1:6	12	Advanced Paddlers Workshop	30	ST05	Blue Dog	Dave Nichols
Thursday	April 16	6	10-4	1:6	6	Paddling in Rough Water	115	ST06	Ocean River	Gordon Brown
Saturday	April 18	2	9-11	1:6	6	Intermediate - Towing	30	ST07	Go Kayak	Yves Aquin
Saturday	April 18	2	1-3	1:6	6	Intermediate – Kayak Turning Techniques	30	ST08	Go Kayak	Yves Aquin
Sunday	April 19	2	9-11	1:6	6	Intermediate – Advanced Paddling Strokes	30	ST09	Go Kayak	Yves Aquin
Sunday	April 19	2	1-3	1:6	6	Intermediate – Re-entry Exercises and Scenarios	30	ST10	Go Kayak	Yves Aquin
Wednesday	April 22	6	9-4	1:6	12	Paddlers Workshop	30	ST11	Blue Dog	Dave Nichols
Thursday	April 23	6	9-4	1:6	12	Advanced Paddlers Workshop	30	ST12	Blue Dog	Dave Nichols
Saturday	April 25	6	10-4	1:6	6	Rescues Session	100	ST13	SKILS	Lee Richardson
Sunday	April 26	6	10-4	1:6	6	Edging and Strokes Tune-up	100	ST14	SKILS	Lee Richardson
Saturday	May 2	2	10-12	1:6	6	Beginner – Re-entry	30	ST15	Go Kayak	Yves Aquin
Saturday	May 2	2	1-3	1:6	6	Beginner – Paddling Strokes	30	ST16	Go Kayak	Yves Aquin

Sunday	May 3	2	10-12	1:6	6	Beginner – Introduction to Braces	30	ST17	Go Kayak	Yves Aquin
Tuesday	May 5	2	9-12	1:6	6	Towing	50	ST18	SKILS	Lee Richardson
Thursday	May 7	6	9-12	1:6	6	Forward Stroke Polishing	50	ST19	SKILS	Lee Richardson
Friday	May 8	6	10-4	1:4	4	Paddling in the Currents	150	ST20	SKILS	Lee Richardson
Saturday	May 9	6	10-4	1:6	6	Paddling in Currents	115	ST21	Ocean River	Gordon Brown
Tuesday	May 12	6	10-4	1:6	6	Towing	115	ST22	Ocean River	Gordon Brown
Thursday	May 14	6	10-4	1:6	6	Rescues in Rough Water	115	ST23	Ocean River	Gordon Brown
Saturday	May 23	8	8:30-4:30	1:6	6	Paddle Canada Basic	35	ST24	SISKA	Edgar Hulatt
Saturday	May 23	8	8:30-4:30	1:4	8	Paddle Canada Level 1 – 1 of 2	70	ST25	SISKA	Michael Egilson
Sunday	May 24	8	8:30-4:30	1:4	---	Paddle Canada Level 1 – 2 of 2	---	---	SISKA	Michael Egilson
Saturday	May 30	2	9-11	1:6	6	Intermediate - Towing	30	ST26	Go Kayak	Yves Aquin
Saturday	May 30	2	1-3	1:6	6	Intermediate – Kayak Turning Techniques	30	ST27	Go Kayak	Yves Aquin
Sunday	May 31	2	9-11	1:6	6	Intermediate – Advanced Paddling Strokes	30	ST28	Go Kayak	Yves Aquin
Sunday	May 31	2	1-3	1:4	8	Intermediate – Re-entry Exercises and Scenarios	30	ST29	Go Kayak	Yves Aquin
Sunday	June 7	8	8:30-4:30	1:6	6	Paddle Canada Basic	35	ST30	SISKA	Willi Fast
Saturday	June 13	8	8:30-4:30	1:4	8	Paddle Canada Level 1 – 1 of 2	70	ST31	SISKA	Jo Nicolson
Sunday	June 14	8	8:30-4:30	1:4	---	Paddle Canada Level 1 – 2 of 2	---	---	SISKA	Jo Nicolson

EVEN MORE!!

And, for those of you who have already refreshed your paddling skills, or are just keen to progress further (!), consider these great additional courses and other paddling options from our friends and service partners offering discounts for SSKA members – how about taking your Paddle Canada Level 2?!

<https://drive.google.com/file/d/1sln19dapG5nyoVEc56jtDUzn1p7wlv5/view?usp=sharing>

Jo Nicolson/Michael Egilson - Sea Kayak Level 2 Skills

Are you wanting to continue your skill development? Are you wanting to feel more confident and safer in a variety of conditions? Have you wondered about becoming a SSKA paddle leader? For these and other reasons:

Paddle Canada Level 2 Sea Kayaking certification for SSKA members only.

2 Weekends: May 2, 3 and May 9, 10 (includes camping on Discovery Island on the 2nd weekend)

Time: 8:30 - 4:30

Location: Victoria and surrounding areas

Instructors: Michael Egilson and Jo Nicolson

Cost: \$400

To register or inquire contact: freya1333@hotmail.com (Jo)

For more course details check out Paddle Canada's listing of Sea Kayak Level Skills at <https://www.paddlecanada.com/national-sea-kayak-program-skills-stream/>

Blue Dog Kayaking

Blue Dog Kayaking offers intermediate paddlers unprecedented choice and flexibility with our L2 skills program. More courses, more choice!

https://bluedogkayaking.com/paddle_canada/skills/level-2/

Check out all Blue Dog activities and courses at

<https://bluedogkayaking.com/>

Go Kayak

All Go Kayak Paddle Canada Certified Courses are also available upon request and can be arranged according to your schedule at no additional cost. Just [contact Go Kayak](#) and we will work with you to make it happen.

<http://www.gokayak.ca/paddlecanada.html>

Check out all Go Kayak activities and courses at <https://gokayak.ca/courses.html>
And for an updated list of paddling courses go to <https://gokayak.ca/newsletter/index.html>

Ocean River Sports

Develop the skills to explore your watery world!

In this four-day course, you will learn how to handle more challenging sea conditions with comfort and confidence. You will learn intermediate-level paddling techniques, rescue skills, and towing techniques for use in areas with ocean currents and moderate sea conditions.

<https://oceanriver.com/adventure/sea-kayaking-level-2-skills/>

Check out all Ocean River Sports courses at <https://oceanriver.com/our-courses/>

Gordon Brown Sea Kayak Centre of Excellence

Gordon is offering three different dates for his Rough Water program on February 21, March 30 and April 20 run out at Trial Island here in Victoria, more information and the booking link can be found here: [rough-water-and-tidal-paddling](#)

In addition to this he is offering his well-known program of Sea Kayak with Gordon Brown which is an amazing 1-day program. This program is being offered in a few locations that may interest your club. The dates for this are:

January 27th at Oak Bay, February 11th and April 15th at Maple Bay and March 2nd in Sooke (Whiffin Spit), more information can be found here: [sea-kayak-with-gordon-brown](#)

Gordon now is offering British Canoe Certification programs which we have set some dates for this spring. These can all be found at the following link. [british-canoeing-courses](#)

Pacifica Paddle Sports

We offer kayak lessons for all ability levels. We can help you find the perfect starting point to gain the confidence needed to enjoy your next paddling adventure!

<https://www.pacificapaddle.com/bookings-checkout/kayak-l2-essentials>

Check out all Pacifica Paddle Sports courses and programs at <https://www.pacificapaddle.com/kayak-lessons>

SKILS

Level-2 builds on the skills covered in Level-1 Program by refining existing skills and adding new ones like rolling and paddling in currents. Touring skills are also introduced on an overnight trip for our 5-day course. Our 4-day course has no overnight component. Anyone looking to tour in coastal waters should have these skills.

<https://www.skils.ca/course/paddle-canada-level-2-skills/>

Check out all SKILS courses and programs available at

<https://www.skils.ca/sea-kayaking-recreational-courses/>

Go Kayak

Cost: *\$30.00* per participant per workshop; **Length:** *2 hours*

Workshops for beginners

Re-entry

Learn how to deal with a capsize by performing re-entry skills such as wet exit, self and assisted re-entry; essential skills to master if you are planning to get into sea kayaking.

. **Saturday April 4, 2020 from 9:00 am to 11:00 am**

. **Saturday May 2, 2020 from 10:00 am to 12:00 pm**

Paddling Strokes

Learn the benefits that paddling has to offer, including paddling more efficiently, building strength and fitness.

. **Saturday April 4, 2020 from 1:00 pm to 3:00 pm**

. **Saturday May 2, 2020 from 1:00 pm to 3:00 pm**

Introduction to braces.

This bracing workshop will provide you with the skills to effectively develop reflexive paddle braces and therefore enhance your confidence and paddling skills.

. **Sunday April 5, 2020 from 10:00 am to 12:00 pm**

. **Sunday May 3, 2020 from 9:00 am to 11:00 am**

Workshops for intermediate paddlers

Towing

Learn about different sea kayak towing techniques and how to safely tow an injured or fatigued paddler back to safety.

. **Saturday April 18, 2020 from 9:00 am to 11:00 am**

. **Saturday May 30, 2020 from 9:00 am to 11:00 am**

Kayak Turning Techniques

Learn to understand and use different turning techniques according to the sea terrain and sea conditions.

. **Saturday April 18, 2020 from 1:00 pm to 3:00 pm**

. **Saturday May 30, 2020 from 1:00 pm to 3:00 pm**

Advanced paddling strokes

This workshop will focus on blending and using a variety of advanced paddling strokes in preparation for paddling in more active and challenging waters. It will also help you to save energy when conditions get tough.

. **Sunday April 19, 2020 from 9:00 am to 11:00 am**

. **Sunday May 31, 2020 from 9:00 am to 11:00 am**

Re-entry exercises and scenarios

The workshop puts you in a series of group and solo re-entry scenarios that increase in complexity, time and difficulty.

. **Sunday April 19, 2020 from 1:00 pm to 3:00 pm**

. **Sunday May 31, 2020 from 1:00 pm to 3:00 pm**

Blue Dog Kayaking

Paddlers Workshop – Saturday April 11th or Wednesday April 22nd

Start 9:00am – Meet and Greet at Gyro Beach, Cadboro Bay

- o who you are
- o why you're here
- o what are your goals for today

Participant Exercise – Beach Talk/Safety Briefing

Instructor Led Stroke Clinic – The Core Paddling Strokes

- o Low Brace – 10 mins
- o Sweep Strokes (forward and reverse)- 20 mins
- o Pivot Turns with Edge – 10 mins
- o Stopping – 5 mins
- o Draw Stroke – 15 mins
- o Forward Stroke – 30 mins
- o Reverse Stroke – 5 mins

Video Assessments – 30 mins

Lunch

Risk Assessment presentation and group discussion –

- o CLAP
- o SAFER
- o Me, we, the weather & the sea
- o “The Lemon Theory”

Rescues

- o Assisted Rescues – all three, T, UPSIDEDOWN T, PILLION
- o Self-Rescues – SCRAMBLE & PADDLE FLOAT
- o Bow Rescue to be demonstrated by instructor team

De-brief and Finish approx. 4pm

Advanced Workshop – Sunday April 12th or Thursday April 23rd

Start 9:00am – Meet and Greet at Gyro Beach, Cadboro Bay

- o who you are
- o why you're here
- o what are your goals for today

Participant Exercise – Beach Talk/Safety Briefing

Instructor Led Advanced Stroke Clinic – kayak maneuverability under momentum

- o Forward Stroke
- o Bow Rudder
- o Sweep (forward and reverse under momentum)
- o Stern Rudder
- o Low Brace Turn
- o Stroke Blending Participant Exercise

The 4 Corners

Towing

Lunch

Risk Assessment presentation and group discussion –

- o CLAP
- o SAFER
- o Me, we, the weather & the sea
- o “The Lemon Theory”

Advanced Rescues

- o Assisted Rescues – choice of rescue and technique for conditions
- o Self-Rescues – choice of rescue pros and cons
- o Advanced Towing scenario (all participants) dealing with an injured paddler on the water

De-brief and Finish approx. 4pm

Ocean River Sports

Gordon Brown Sea Kayaking Centre of Excellence

Paddling in Rough Water – Thursday April 16, 10 am – 4 pm

Paddling in rough water, caused by wind, swell or tidal currents, is a great way to develop your paddling skills. During this course, you will learn the following: Developing efficiency and effectiveness; Strokes to use in rough water; Turning techniques into skills; What makes the water rough; Different types of rough water and how to read what is happening.

Paddling in Currents – Saturday May 9, 10 am – 4 pm

Tidal currents occur in many locations and present an opportunity to practise your paddling skills. Knowing how to paddle in tidal currents greatly improves your paddling skills and provides you with improved confidence the next time you encounter moving water on your kayaking trips. In this clinic, you'll learn how to use ferry glides to effortlessly cross current without 'losing ground,' and you'll practice 'peeling out' to join current—one of the most enjoyable skills to perform in a sea kayak!

Towing – Tuesday May 12, 10 am – 4 pm

Although we mostly always carry a towing system when we are kayaking, the number of paddlers who can deploy one safely and successfully is quite small. This clinic will introduce you to towing (both contact and distance tows) in a progressive way. The knowledge of how to tow safely is paramount when journeying on the ocean, especially in a group context. Starting the towing clinic with a review of good and bad features of towing systems will develop your understanding. The progression will take you through various towing techniques and by the end of the clinic you will be able to select and perform several of these safely, confidently and efficiently.

Rescues in Rough Water – Thursday May 14, 10 am – 4 pm

Although we always carry a paddle float when we are kayaking, the number of paddlers who can use one successfully is quite small. This clinic will introduce you to self-rescues (both with and without a paddle float) in a fun and progressive way. The ability to be able to rescue yourself cannot be understated and indeed, the kayak is still the most seaworthy craft afloat.

SKILLS

Rescues Session – Saturday April 25, 10 am – 4 pm

All levels welcome

Description: If you or someone else go for a swim, getting back into the kayak can be a challenge – one technique does not work for all circumstances. Improve old techniques and learn new ones.

Edging and Strokes Tune Up – Sunday April 26, 10 am – 4 pm

All levels welcome

Description: Maneuvering strokes in calm water and introduction to linking and blending strokes for efficient maneuvering. This clinic will polish your strokes to a very high level of finesse.

Towing – Tuesday May 5th, 9 am – 12 noon

All levels welcome

Description: Test out a variety of towing-gear and towing techniques for towing, and rescues that involve towing.

Forward Stroke Polishing – Thursday May 7, 9 am – 12 noon

All levels welcome

Description: This is the most important stroke and the most neglected one.

Paddling in the Currents – Friday May 8, 10 am – 4 pm

Prerequisites: Paddle Canada Level 1 skills certification or equivalent training

Description: Maneuvering and boat control in moving water. We will also use specific navigation techniques like vectors and ranges while navigating currents.

SISKA – Paddle Canada Basic Sea Kayak Skills

Saturday May 23 or Sunday June 7 – 8:30 am - 4:30pm

This is the primary starting point of the Paddle Canada Sea Kayak skills progression. With a focus on foundation skills and knowledge, Basic Kayak Skills inspires students to go out on short paddling excursions in calm and sheltered waters.

Prerequisites

None

Course Length: 1 day

Overview

Re-entry Skills

- Wet Exit
- Assisted Re-entries

Paddling Skills

- Lifting and Carrying a Kayak
- Launching and Landing
- Emptying the Kayak
- Forward Stroke
- Stopping
- Reverse Stroke
- Forward & Reverse Sweep Strokes
- Pivots
- Draw Stroke
- Low Brace
- Edging

General Knowledge

- Kayak Part Names and Outfitting
- Paddling and Safety Equipment
- Injury Prevention
- Sunsense
- Collision Regulations
- Navigation
- Risk Assessment and Mitigation
- Impact of Kayakers on the Environment

SISKA – Paddle Canada Sea Kayak Level 1 Skills

Saturday/Sunday May 23 and 24, Saturday/Sunday June 13 and 14; 8:30am–4:30pm each day
Building on the information covered in Basic Skills, Level-1 is a two-day course that moves participants beyond flatwater kayaking and into the sport of sea kayaking. The course is conducted in slightly rougher water than Basic Kayak, aiming to develop the paddler's comfort in class-1 waters. There is a strong focus on re-entry techniques as well as the skills required to safely plan and execute a day trip with friends (for example, navigation & route planning, weather interpretation, proper clothing/gear.)

Prerequisites

Certification: Paddle Canada Basic Kayak skills certification or equivalent skill and knowledge at the discretion of the course director.

Paddling experience: Five kayaking excursions (2 or 3 hours) in class-0; Can execute a controlled wet exit in class-0 conditions; Can perform a simple assisted re-entry in class-0 conditions.

Overview

Re-entry Skills

- Unassisted Re-entry
- Assisted Re-entry
- Towing

Paddling Skills

- Launching and Landing
- Forward Stroke
- Stopping
- Reverse Stroke
- Sweep Strokes
- Draw Stroke
- Low Brace
- Stern Rudder
- Edge Control

General Knowledge

- Equipment and Equipment Care
- Communication
- Route Planning and Basic Navigation Techniques
- Half-day Kayak Journey
- Weather
- Sea State
- Risk Assessment and Mitigation
- Cold Issues and Sun Safety
- Impact of Kayakers on the Environment

- History and Heritage
- Kayaking Community and Resources
- Vehicle Boat Tie Down