

SISKA Paddle Guidelines

(Appendix 2 of Policies and Procedures, approved June 12, 2019)

Relaxed Paddles - These are tailored to beginner paddlers, although experienced paddlers are welcome to attend. Participants will have Paddle Canada Introduction to Kayaking skills <http://www.paddlingcanada.com/programs.asp?id=64>. Generally, the pace in these paddles is set by those at the back of the “pack”. If you are unsure about the suitability of your equipment or clothing, please contact the trip leader for advice prior to the paddle date. The trip leader has the right to deny your participation in the paddle if he/she thinks you are not adequately prepared for the possibility of immersion. All participants are expected to have read, and to comply with the SISKA Policies and Procedures. The conditions for Relaxed Paddles are as follows:

- * sheltered waters
- * frequent easy landing opportunities
- * light winds
- * calm to rippled sea state
- * Minimal current
- * up to approximately 6 nautical miles in length

Energizer Paddles - These paddles are tailored to novice (one step beyond beginner) paddlers, although more experienced paddlers are welcome to attend. Participants will have Paddle Canada Level 1 skills <http://www.paddlingcanada.com/programs.asp?id=5>. Energizer Paddles will require some commitment by each participant to “keep up” with the pack for the duration! Paddlers at the back of the pack will be expected to keep up with the pace-setting leaders!! EP’s will be advertised with the reason for its classification as “energizer” e.g. paddle length in nautical miles, open water crossing etc, so that you will be able to decide in advance if you wish to attend. If you are unsure about the suitability of your skills, equipment or clothing, please contact the trip leader for advice prior to the paddle date. The trip leader has the right to deny your participation in the paddle if he/she thinks you are not adequately prepared for the possibility of immersion. All participants are expected to have read, and to comply with the SISKA Policies and Procedures. The conditions for Energizer Paddles are as follows:

- * waters with a mildly exposed coastline
- * include short crossings
- * frequent easy landing opportunities
- * light to moderate winds
- * light to moderate chop sea state
- * mild currents
- * up to approximately 10 nautical miles in length